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Lilac Cottage, Front Street, Naburn, York YO19 4RR **£485,000**

Lilac Cottage is an immaculately presented three/four bedroom detached cottage in the popular village of Naburn with an extensive rear garden which leads directly to the river ouse. Recently refurbished to a very high standard, the vendors have designed a luxurious, yet very functional and well equipped modern home with a high quality finish. Believed to date from circa 1750 this a great opportunity to acquire one of the villages most sought after properties. Accommodation comprises of entrance hallway, sitting room/guest bedroom, bathroom, living room with multifuel wood burner, dining room and kitchen with Rayburn. To the first floor are three double bedrooms including a master with en suite. Lilac Cottage is situated within the Fulford School catchment area, early viewings are highly recommended to fully appreciate this property.

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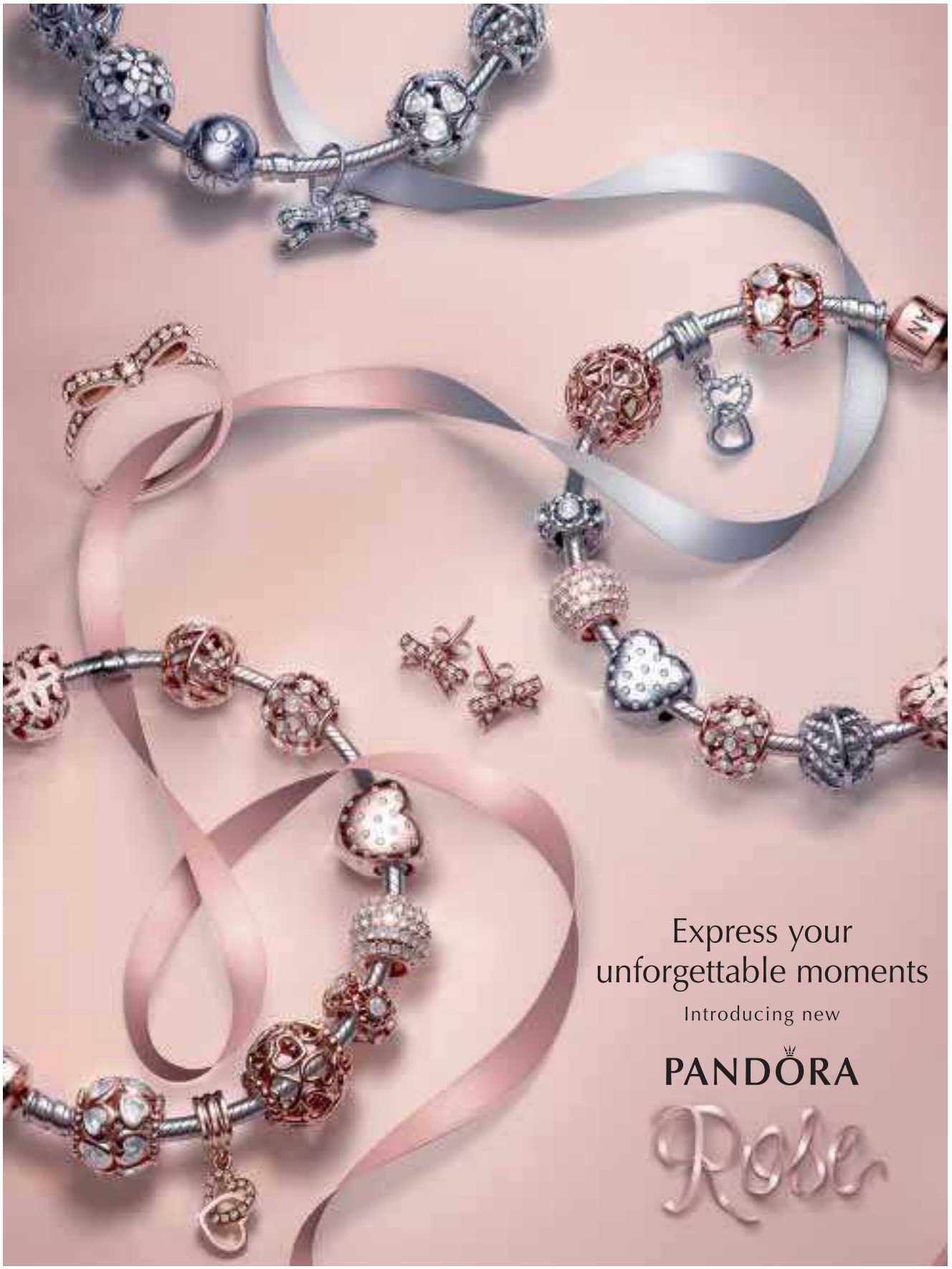




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Front cover: Cast Iron Bath Company, York

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THE FABULOUS CZAINSKIS

ARTISTS PAUL AND CHRIS CZAINSKI HAVE HAD COMMISSIONS ALL OVER THE WORLD, BUT IT IS STAITHES ON THE NORTH YORKSHIRE COAST WHERE THEY FIND MOST OF THEIR INSPIRATION. RUTH ADDICOTT CATCHES UP WITH THEM

They have worked for some of the world's top interior designers and styled some of the most spectacular homes, but inside their own quirky cottage in the seaside village of Staithes, artists Paul and Chris Czainski have taken their creativity to a whole new level.

With five rooms piled higgledy-piggledy one on top of another and a wall dating back to the 15th century, Tudor Rose Cottage is like a museum in its own right with curious exhibits, taxidermy and surreal sculptures on display throughout. There's the stuffed grey squirrel with a Barbie on its back, covered in wisps of hair from Paul's own head. There's a swimming costume made from scraps of coloured plastic and twine picked up from the beach. Then there's Partridgepussy, a whole other story...

Known as The Fabulous Czainskis – a name coined by the owner of Staithes Gallery, Alison Milnes – husband and wife Paul and Chris Czainski are two of the most talked about artists in the town and have opened their cottage to the public for the Staithes Festival of Arts and Heritage for the past three years. With everything from pickled mermaids to fossilised lambs kidneys and a seagull with plastic toddler's legs, many visitors assume it is a permanent museum all year around.





After graduating in Fine Art at Leeds College of Art and Goldsmiths College in London, Paul established himself as a leading trompe l'oeil artist, working with top interior designers as a muralist and specialist decorator. His trompe l'oeil paintings sell for £700 up to £2,000 and he painted a mural once worth £40,000. He was also commissioned to create eight trompe l'oeil works for the Staithes Illusion Trail, leading visitors around the narrow streets and cobbled alleyways.

The Czainskis' work has led to exhibitions and commissions from clients worldwide from top hotelier Rodney Smith in New Orleans to Roman Abramovich, Ringo Starr and the Duke of Westminster. Paul has also worked extensively for socialite and interior designer Nicky Haslam, which saw him do a mural for TV host Anne Robinson and some Doric columns at Althorp for the late Earl Spencer ("a lovely man, his thank you letter is one of my treasured possessions," says Paul).

One of his most memorable commissions was for Mick Jagger, who wanted to recreate an 18th century mural at his home in the Loire Valley. "The decorators were having trouble with colour so I went over to give some advice and I had conjunctivitis," recalls Paul. "I'd never had conjunctivitis in my life. My eyes were nearly shutting. When I got there, there was a power cut and Mick Jagger was there with Jerry Hall and their chef from Mustique cooked us tea. We had Beluga caviar and then spaghetti and meatballs." He recalls Jagger as "very cultured, very skinny and very personable".

Chris, who was born in Blackpool, trained as an English and drama teacher, before becoming a professional artist in 2005. Her work includes assemblage, sculptures, print making and painting as well as decorative and trompe l'oeil commissions worldwide.

She turns to places such as the Yorkshire coast and River Thames for inspiration, collecting discarded bones, shells, pottery and glass fragments. Her work, such as the Barbies in their various guises and wall pieces such as Stitched Dad and Punch and Judy, That's The Way To Do It, can also be seen in their cottage.

"Our home in Staithes is like an installation and is still 'in the making'," says Chris. "We created a Museum of Curiosity in our home for the Staithes Festival in 2013 as an installation. Between us we made more than 90 pieces ➤

➤ Artists Paul and Chris Czainski in their surreal home in Staithes, which they share with all sorts of weird and wonderful creations and collected items

➤ Far left: one of Paul's paintings, and the trompe l'oeil seagull which sits on the wall outside his home











➤ Many of the materials that go into the Czainskis' creations are picked up off the beach

Photography: RICHARD DOUGHTY

but also included some of the more 'curious' works we had made. We loved it so much we have kept most of it so now we live in our Museum of Curiosity. We find it very inspiring to live in such an environment and our guests don't know what to look at next."

The Staithes cottage may be small, but what it lacks in size, it makes up for in imagination with coastal influences such as shells and fossils embedded in the walls. The loo – Chris's favourite feature – is red and white striped like a beach hut or Punch and Judy tent and has a porthole. They also have a 1950s cocktail cabinet which lights up when opened and was left by the previous owner. Their other home near Halifax is just as fascinating in an old 19th century Congregational Church with a clocktower and graveyard in the garden.

It is the beach at Staithes, however, which inspires them time and time again, particularly Chris, who has a vast collection of driftwood and odd bits of metal and plastic which she uses for sculpture, icons, and paintings. (They work on individual projects as well as performing and working together). "You can't always find what you're looking for, so it's best to let the objects inspire you," says Paul.

One of Paul's biggest influences is taxidermy and he can often be found rooting through antique shops for odd remnants and recycling them into works of art. He's had a fascination since he was young and visited the Walter Potter museum, the Victorian taxidermist, who created famous exhibits such as a schoolroom of kittens sitting at their desks. When he was an art student, he decided to give it a go himself with a dead pigeon he found on a zebra crossing. "I skinned and mounted the bird in a flying pose, but I didn't have any glass eyes so I gave it some white plaster ones which looked really creepy. But I got inspired, I've always liked that kind of creativity," he says. He went on to do a thesis on taxidermy for his final dissertation.

His more recent creations, such as Golden Boy – a golden pheasant with a doll's head on the end, also features the hair off Paul's head.

"Chris cuts my hair and stores it – always has – because it's really handy sculptural material. I don't know many other artists doing that" he says. "These pieces of taxidermy on their own would probably end up in the bin."

Partridgepussy – a partridge with a kitten's head on the end – was on a horrible piece of white polystyrene before he recycled it into something more interesting. Another piece, Dead Flycatcher, is made from a bird that fell down their chimney. "I found it in the ash," says Paul. "It must have been there some weeks so it had preserved itself."

Do they ever look at each other and think, that is just a bit too odd?

"There is no such thing as 'odd'," observes Paul. "There's only interesting. There are some great artists in Staithes, but they all seem to have a genre or paint boats or houses in a particular style. We'd get bored rigid if we had to do that so we kind of branch out. Ideas are easy, it's getting it









> THERE IS NO SUCH THING AS 'ODD'. THERE'S ONLY INTERESTING... OUR STUFF ISN'T THAT SALEABLE, BUT IT IS CREATIVE AND DIFFERENT

done that's the problem. We make things we think people don't necessarily want to buy. A lot of people tend to buy what they friends have bought and always have the same picture on the wall. Our stuff isn't that saleable, but it is creative and different."

While their grand-children - they've got 12 - appreciate their work, some people have been less enthusiastic. When one of Chris's creations - a baby doll in a cage entitled Captured Angel featured in the window of a gallery in Todmorden, one member of the public went in and asked for it to be removed. "That was fun," chuckles Paul. "That was a proper response. Some people just want to see a pretty picture in a rectangular frame don't they?"

For more info visit *staithesgallery.co.uk* or *czainski.com* and *czainski.co.uk*





STAITHES FESTIVAL OF ART AND HERITAGE

Saturday and Sunday, September 12 and 13

Staithes Festival has established itself as one of the friendliest festivals on the coast. During the weekend more than a hundred cottages in the village become temporary art galleries in a unique selling exhibition. Staithes heritage is also celebrated in fossils, fishing, historic photographs and film shows. There will be live music, busking, workshops, walks, talks and food and drink. Galleries open: 10am-5.30pm. Entertainment continues into the evening. Free entry. Programmes £1
W: *staithesfestival.com*





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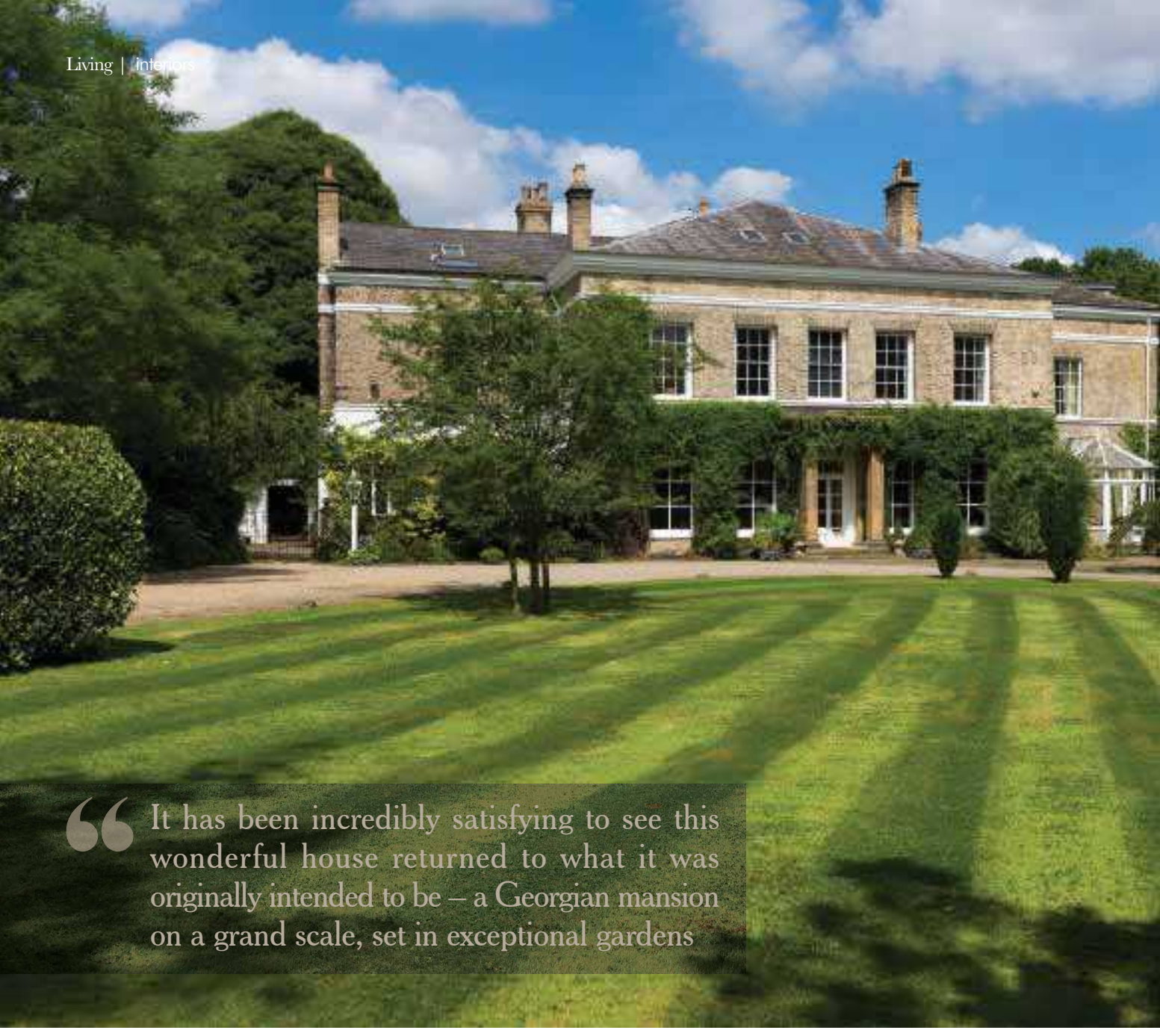
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> It has been incredibly satisfying to see this wonderful house returned to what it was originally intended to be – a Georgian mansion on a grand scale, set in exceptional gardens









Perfectly restored

A Georgian mansion, lovingly revived, awaits a fortunate new owner. Matt Clark reports

The last time Skelton Hall came to the market, Queen Victoria was on the throne, Sheffield Wednesday had just been founded and the idea of building motor cars wasn't even a twinkle in the eye of Karl Benz.

1867 was also the year of The Reform Act, but the changes made at this stately pile near York were anything but welcome. They came in the 1940s when the Hall was requisitioned by the RAF and afterwards when it was divided into two separate properties.

In 1997 the individual owners of both wings decided independently to market their houses and the happy result was Skelton Hall returning to single ownership.

Since then Carl Mellor has carried out a substantial period of restoration to recreate an elegant residence of outstanding proportions.

And not just inside, the formal gardens were originally designed and laid out by a student of Capability Brown, with trademark sweeping lawns and a lake with its own island.

Carl says in essence it was about unpicking the changes that had been made in the 1950s. "This has been a huge project," he says. "The house has 12 bedrooms, 11 fireplaces and lots and lots of chimneys, so you can imagine the scale of the task."

But just look at it now. Virtually every one of the house's 33 rooms has been totally renovated, with original features nurtured and restored and modern conveniences artfully incorporated.

"We've had many interesting episodes along the way, including the TV installer not having a drill long enough to get through the 3ft walls, and waking up one morning to find a dozen greylag geese had arrived on the lawn.

"But it has been incredibly satisfying to see this wonderful house returned to what it was originally intended to be - a Georgian mansion on a grand scale, set in exceptional gardens."

And perfectly preserved. The 19th-century gardens feature numerous remarkable plants and trees, including four giant redwood trees that are thought to date back to the construction of the house 200 years ago.

"We will miss this very special house very much but feel that we have been good custodians of Skelton Hall," says Carl. "Now it's time to hand that role over to someone else who will love and cherish the place as much as we have."





Skelton Hall is for sale with a guide price of £2.95m through joint agents Croft Residential and Blenkin & Co, For further details contact Toby Cockcroft at www.CroftResidential.co.uk on 01904 238222 or Edward Hartshorne at www.BlenkinandCo.com on 01904 671672



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CAST IN THE MOVIES

Lee Hunwicks makes baths of film-star quality, as Helen Mead discovers

There are few design statements more jaw-dropping than a beautiful, free-standing cast-iron bath.

Entering a room to see one of these elegant roll-top baths, with their soft curved edges and ornate feet as the centrepiece, leaves you eager to close the door and immerse yourself in its splendour.

'Every bath will be a memorable one,' say the North Yorkshire-based Cast Iron Bath Company, whose team of hand-picked craftsmen take pains to design and manufacture these fine objets d'art.

And that's what they are - because while their purpose is very practical, these stunning baths would not look out of place in any gallery.

The company was founded in 2008 by the architectural historian Lee Hunwicks who, while working with restoration and interior experts on period properties, realised how difficult it was to source period baths and fixtures.

"I was working on a house I'd bought as a complete wreck and found it difficult to find certain items," he says, "I thought it was an opportunity to fill a niche and came up with some designs."

He began with cast-iron railings, moving on to baths. "I started in the back yard, which quickly became full of baths," he recalls. It was quite a stressful time, working between 90 and 100 hours every week."

His hard work paid off: the company, which has its head office in Scarborough, now produces the largest range of quality iron, brass and copper baths in Europe, and employs 26 people.

The firm has just opened a flagship showroom in York, is poised to open in Islington, north London, and over the next three to four years is planning to open between 15 and 20 shops at locations across the UK, including Edinburgh, Manchester and Bristol.

With its stripped, white-painted floors, tongue-and-groove walls and exposed beams, the spacious new shop and showroom in York's Colliergate is a joy to visit.

Outlets on the east coast of the USA and in Europe are also in the pipeline. "We are not resting on our laurels, we are continuing to grow," says Lee.

Baths are delivered worldwide, to far-off shores including Australia, South Korea, Indonesia, California and Jamaica.

Lee knows his stuff. He studied for MA in architectural history from the University







> Our baths are real focal points – they make a statement as you walk through the door...



of York and has worked as a consultant on management plans for historic properties including Clifford's Tower, Bowes Museum and Richmond Castle.

He designs half the company's products, using late 19th century and early 20th century designs as his template.

"The ergonomics of the original designs are not compatible with modern living - they are narrower, deeper, steeper and less comfortable, so I take these as my inspiration and tweak them," he explains.

He put together a team of highly skilled craftsmen to help create the range, and is working on the firm's shops and website with fashion designer Ann Louise Roswald, originally from Scarborough.

Grand and dominant, gleaming copper baths have a presence all of their own, as they would have done more than a century ago when they began to replace wooden baths..

Neat bateau baths hark back to their 19th century roots when bathers immersed themselves in front of the fire, while dainty slipper baths sit neatly like a cast-iron chaise longue. Designed in the shape of a slipper, they were originally used by members of the public, who paid to bathe in their local bath house.

Free-standing baths, which could be cleaned all the way around, were introduced in Victorian times amid concerns about hygiene.

Brass only became the rage from the 19th century onwards. Wrought iron was standard for ironmongery before 1700, while cast iron was the favourite during the Regency period.

Lee is currently designing a bateau bath with a polished copper outer. "It will be amazing," he says, adding that he intends to install one in his own North Yorkshire home.

Lee's baths are finding fame on the big and small screen. One is used in the upcoming fantasy film 'Pan' with Hugh Jackman, which is released in October. Another is featured in the mini-series 'The Night Manager', starring Hugh Laurie and Olivia Colman, to be aired on TV next year.

With such a splendid bath in your home, it is important to find fixtures, fittings and accessories to complement this centrepiece. The company's stylists source period basins, towel warmers, bathroom radiators, taps and mirrors to help achieve the perfect look.

"Our baths are real focal points - they make a statement as you walk through the door," says company manager Paul Warrener. "You build the rest of the room around the bath."

Colours, both rich and gentle, can be chosen to match surroundings. Prices vary, with stylish baths to suit a range of budgets.

"Customer service and satisfaction is of vital importance," says Lee. "We offer an excellent quality of service – we want to give customers exactly what they are looking for."

Adds Lee: "They make a statement. It is about the introduction of a new kind of object and material into the home."

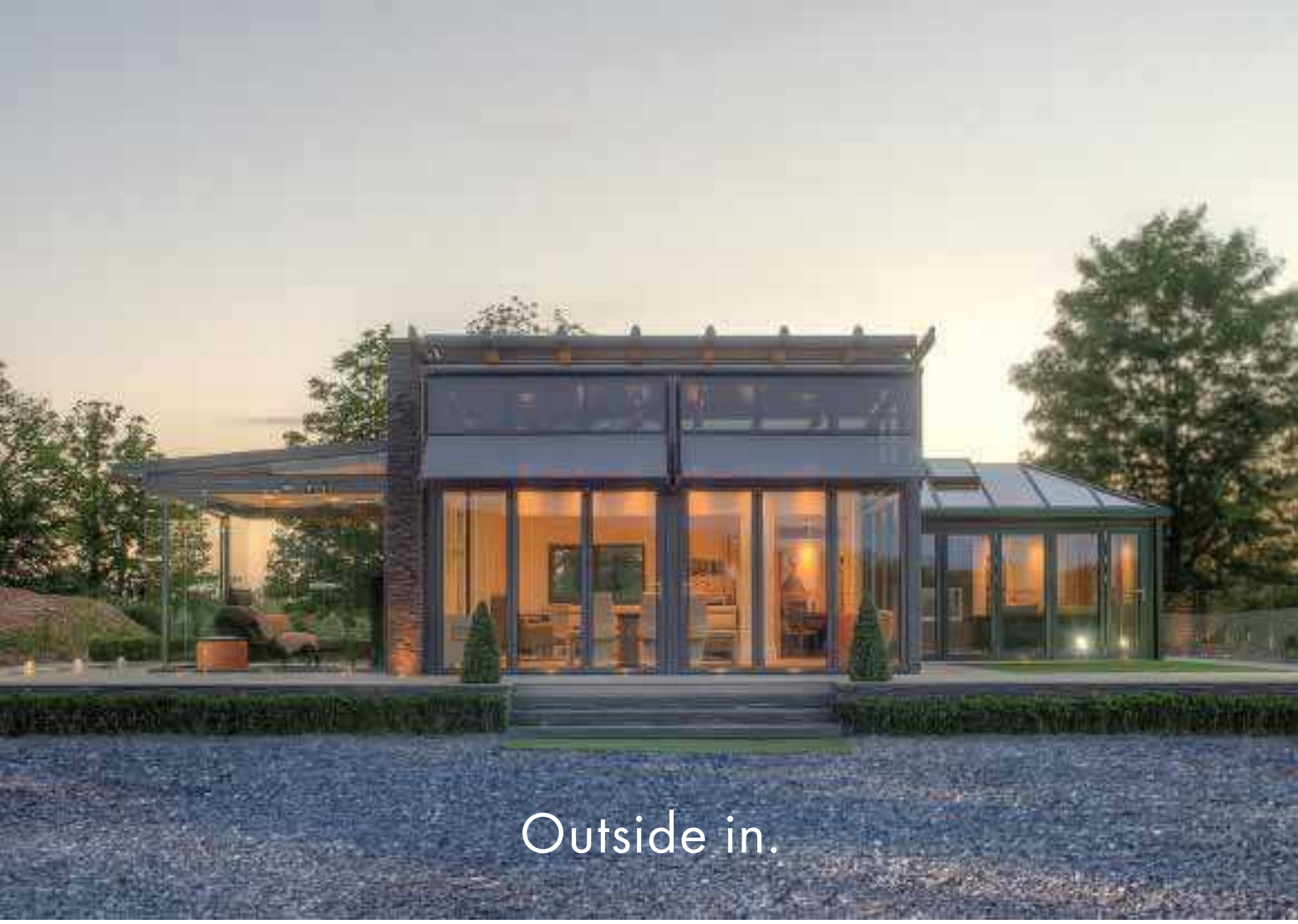






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Escape to individuality

SAM KING OFFERS INTERIOR DESIGN THAT'S A WORLD AWAY FROM THE HIGH STREET. FRANCINE CLEE REPORTS

It comes as no surprise when interior designer Sam King describes her personal style as eclectic. Everything about her career suggests a restless spirit, determined to harness the best ideas from her broad experience.

Brought up in Pool-in-Wharfedale, Sam originally did a business studies degree before beginning work in IT, but she soon abandoned that career and followed her passion into property.

She started by selling homes for developers before embarking on property development herself, in Ilkley and in Ibiza, where she restored a villa she'd originally intended to be a family holiday home.

Alas for that plan, the finished property was in such demand as a holiday let that Sam and her family weren't able to take advantage of it during Ibiza's short holiday season, and it was sold.

Property development then led the way for Sam to launch her own interiors business, Lime Lace, which initially included a Harrogate-based shop before she went fully online because web-based sales were outstripping those of her actual store.

Although she had no specific training in the business, she quickly found she was also in demand as an interior designer.

"I never actually pushed my career in design work, it's just happened," she says. "It has always been a passion of mine, I've always been reading blogs and magazines, and just by having the shop, people began asking me if I would do their project. Some people have visited my home and decided they like my style, which is eclectic/industrial mixed with contemporary pieces.







"Other people have very different ideas, and you have to adapt to the customer, but that's something I enjoy."

Lime Lace's interior design service is centred on North and West Yorkshire but Sam is also working on schemes in London– and with that Spanish villa development under her belt, she's happy to tackle international schemes.

Eclectic may be Sam's style, but that doesn't mean she's not a focused and consummate businesswoman. Her success with Lime Lace was recognised last winter when it was named outstanding small business of the year in the Kalixa Spirit of Small Business awards. Sam scooped a £10,000 prize, a business support package and a mentoring session with leading entrepreneur Michelle Mone.

Sam offers several different options for those looking for help in transforming their home. For people with the time and vision to co-ordinate their own project, and those looking to add pieces of furniture to their home, she can arrange a free-of-charge personal shopping consultation.

Where customers know who they want to do their supply and contract work, but need design inspiration to achieve their dream home, Sam provides her interior design service, which could include plans, 3D scale drawings and walk-throughs of each room showing layout, materials and finishes.

And for busy people who have high standards but little or no time or contacts, Sam's property development experience means she can arrange a dedicated project manager to do the whole thing for you, 'within budget, on time and to the highest standards.'

Away from the design side of the business, Sam's website showcases the work of innovative and fresh new designers – people she tracks down in her characteristic magpie fashion, often by trawling the web for inspiration. She talks enthusiastically of an innovative new designer she's discovered in Iceland, and Luna furniture, by Phillips Design Studio, is one of her latest enthusiasms. The range includes items crafted from materials like concrete as well as traditional woods.

Sam prides herself on highlighting the work of people it would be difficult to encounter away from her website. In fact, her whole business is an attack on the blandness of high-street interiors and judging by the way things are going, her eclectic approach is paying off as her customers escape to individuality.







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The rejuvenation of a first floor flat into a stylish beauty salon has opened up a whole new world to clients seeking a relaxing escape. Sarah French reports



Lucy's chance to Shine



Main picture: Lucy in her studio; above, Siobhan

For beauty bookings, call Shine Northallerton on 01609-771477 or visit *facebook.com/ShineNorthallerton*

Creating a relaxing, stylish beauty salon from a converted two-bedroom flat in a 1970s building sounds like an impossible challenge. But at Shine Northallerton, the transformation is complete. The once bland magnolia interior is now an elegant and intimate retreat, while a host of new treatments from Thalgo promise to take clients on a journey to Polynesia.

The expansion upstairs for Shine Beauty follows the redevelopment of Shine Hair on the ground floor of the premises at the southern end of Northallerton high street. It came after owners Siobhan Caffery and Wilson Derbyshire decided to move on after a combined 30 years with a national chain.

Siobhan and the beauty team were previously confined to a corner of the salon, but now her dream of a dedicated floor for beauty has come true. However, she is the first to admit they needed help to create the bold surroundings that meet clients when they head upstairs, and drafted in the expert advice of interior designer Lucy Darbishire.

More bland canvas than blank canvas, it helped that Siobhan and Wilson had a clear idea of how they wanted the salon to have a bespoke feel and, more importantly, of how they wanted clients to feel when they walked in. It was also an advantage that, as a client of Wilson's, Lucy understood his ambitions for Shine. "Lucy has been a client for a long time and has great style and eye for the unusual," says Wilson.

Shine Hair had already made an impact for going the extra mile for clients, from commissioning specially designed work stations in the salon and installing massaging backwash chairs, to offering the Shine cupcake of the week to accompany a choice of beverages. "We pride ourselves on personal service in both hair and beauty and that has to be reflected in the surroundings," says Wilson.

Lucy helped develop the grey and acid yellow colour palette of the hair salon and main brand before moving on to finalising her scheme for the beauty floor. "The expansion has given us the space to have a proper chill-out area, two bespoke treatment rooms, dedicated spray tan room and a shower for clients," says Siobhan.

The look Lucy developed reflects her "modern eclectic" design style, mixing old and new, combining textures, choosing neutral shades from her favourite grey palette punctuated with brights and always with something a little unexpected.

A former pupil of Harrogate Ladies' College, bilingual Lucy studied French and German at university, which has come in useful since she bought a house just outside St Tropez in the south of France where she has created the interior and now offers glamorous stays. She has taught languages part-time to young children at Aysgarth School, near Bedale, for ten years and seven years ago, with her four sons growing up, retrained as an interior designer.

"I've always loved houses and interiors. Even when I had my dolls' house when I was little I never stopped amending it and moving things around. But it was difficult to know where to start professionally and at what level," she explains. In the end she went in at a high level, following an online course through the famous Inchball School of Design, in London. "It took me just over three years to complete my Diploma in Interior Design, but I really enjoyed it," she says. "People tease me that interior design is all about pretty cushions, but we definitely did our bit in terms of learning about building design and function as well."

Atelier Lucy, based in Darlington, is still a young business but she has already worked on a number



of domestic schemes, as well as Shine in Northallerton and Stokesley. The focus for the new beauty floor was to give it some soul and a feeling of luxury. “We didn’t have lofty ceilings or beautiful original features to work with so it’s been about injecting some character and personality in other ways, mixing raw wood with luxe fabrics for example, adding elegance through furnishings and accessories of scale, such as an oversize lamp or huge mirror that will do what the building can’t do.

“The reception area needed to have a strong look and be welcoming and relaxing. None of us wanted a clinical salon look. We wanted it to be comfortable, but not cluttered, cosy with some wow. We want clients to look around and think ‘that’s lovely, where did they get that from?’.”

After creating the look, sourcing the furniture and accessories was handed over to Siobhan. It includes an acid yellow chair, dark blue walls and quirky accessories. Lamp bases and mirrors were chosen for their reflective qualities, as well as a rug and wood to combine metallic with natural materials. “I had great fun finding things,” says Siobhan.

Being a beauty salon there are practical considerations, such as the choice of laminate wood-look flooring, and the Shine brand had to be clearly identifiable. And, of course, every interior designer must work within a client’s budget.

“You know you can’t always have everything you’d like, but that encourages you to be more creative,” says Lucy. “Designing is about deciding and being convincing in the way you present your ideas to the client because that gives them confidence in your choices. There is so much to choose from that you could research for days on end but eventually you have to come up with a concept that you’re proud of and the client loves.”





NEW TREATMENTS

The salon’s new look has been unveiled alongside the launch of new brands and treatments at Shine Beauty.

Thalgo Polynesia Spa Ritual is a new, 90-minute three-stage exfoliation and massage treatment using exotic island body scrub, a rhythmic, relaxing massage and ‘tuiponos’, warm pouches of sand for a deeper massage.

Brow by Mii is a range of professional treatments and home styling products for eyes, to sculpt the look you really want and frame your features to their best advantage. Each personalised treatment begins with an in-depth consultation about your desired look, followed by a combination of tinting, waxing and finishing techniques by a trained therapist.

Jessica Phenom Manicure, providing a gel-like shine that dries quickly in natural light, lasts for up to ten days and is removed easily like conventional polish.

CREATE THE SHINE BEAUTY LOOK

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Artwork: *www.anartfullife.co.uk*
Soft furnishings: Abigail Ahern for Debenhams, H&M Home
Lamps: TK Maxx
Accessories: TK Maxx (seahorse and copper tray), *www.therange.co.uk* and M&S (mirrors); Urban Outfitters (stag’s head hook); Thalgo Polynesia candle (Shine)



Relative values

A family team of property developers is behind York's latest luxury rental offering. Francine Clee reports

Once it was devoted to the sober business of a Victorian temperance society. Now, thanks to father-and-son developers Allan and Kris Hargreaves, 21 Clifford Street has been transformed into nine deluxe apartments for the city's rental property market.

The building, in the heart of York, was built for the York Rechabite Society and hosted their meetings in the mid-1800s. It boasts fine architectural features and is Grade II listed, but by the time the Hargreaves happened upon it two and a half years ago, it was disused and dilapidated.

Allan, York born and bred, worked with son Kris six days a week to create a collection of exclusive homes in 21 Clifford Street. They were determined to preserve its original features, including a grand sweeping staircase in the communal entrance hallway, arched doorways and Juliet balconies.

Allan said: "When we first discovered the building, it was in a sorry state and had water pouring through the roof, but we saw its potential and have painstakingly restored it.

"The apartments are beautiful and all unique, with differing sizes and layouts. It was important to stay sympathetic to the original features throughout the restoration. For instance, the cornices were moulded in the same shape and pattern as the originals and the skirting boards and exterior stonework have been restored.

"I was born and bred in York, which makes this project particularly special. It's been a real labour of love and we're excited to finally reveal the apartments to the public."

Twenty-one Clifford Street has been created for those looking for a prime residential rental opportunity and includes five one-bedroom and three two-bedroom apartments, plus one three-bedroom apartment boasting views of York's historic streetscape and landmarks including Clifford's Tower, York Minster and York Castle.

Living space is generous, ranging from 50 square metres to more than 200 square metres in the property's largest apartment, No 1, which has three bedrooms and three bathrooms and a wine cellar.

Each contemporary kitchen features the latest Bosch appliances, under-lighting in the cupboards and sleek black granite work tops, and house bathrooms are of solid stone. There are large bay-style windows with plush seating areas on the inside window ledges.

The communal area retains its original panelling, a listed feature, and as well as that sweeping staircase, there's a brass-covered communal lift.

The apartments are being managed through Eddisons Residential, whose director, Sarah Flint, said: "The apartments at 21 Clifford Street are incomparable and a wonderful addition to York's rental scene.

"It's clear how much emphasis has been placed on quality throughout this development. The level of detail and luxe interiors are just extraordinary. The apartments are in the centre of York and ideal for people who want to be at the heart of the city, close to shops, restaurants and public transport links."













Rental prices at 21 Clifford Street range from £800pcm- £3,000 pcm. For further information contact Oliver Banks at Eddisons City Rentals on 0113 261 7400 or Sue Nelson, Head of Marketing on 0113 243 0101.

Living loves



Contemporary ceramics

We so want these fabulous Stripes and Circles pourers by Edinburgh-based ceramics maker Lara Scobie. Lara is among the artists being showcased at Ceramic Art York, a three-day fair at Museum Gardens, York, from September 11 to 13. Fifty leading makers of contemporary ceramics were invited to participate, so it's a great chance to see a huge selection of studio ceramics and buy directly from the makers.

Ceramic Art York is presented by the Craft Potters Association of Great Britain with York Museums Trust. More information and tickets from **ceramicartyork.org.**





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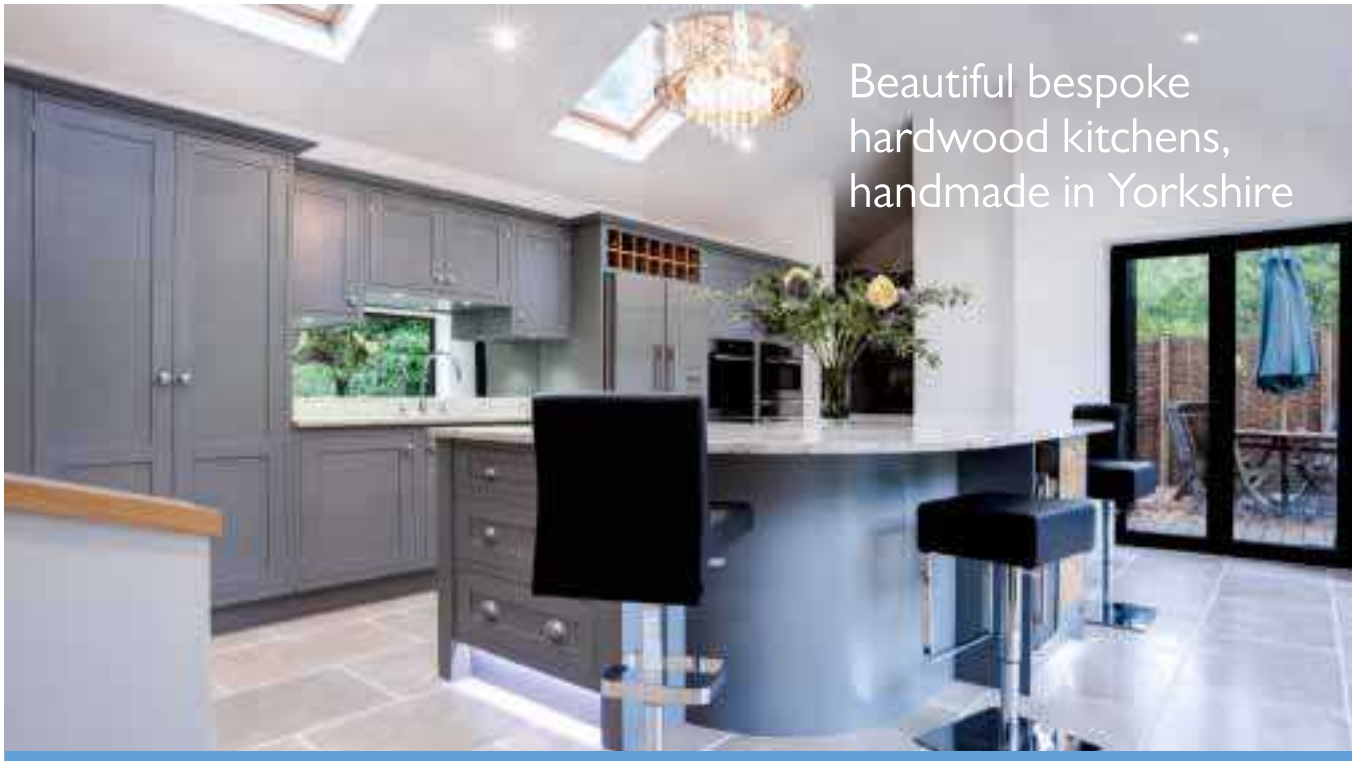


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the design house



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"It's such a personal process, we work so closely with our clients, some have become lifelong friends!"

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DEEP PURPLE
Old and new sit side by side in the atmospheric sitting room



Vintage-loving artist Lizzy Bramley mixes old and modern in her charming Georgian cottage in the centre of one of the UK's smallest cathedral cities. Ruth Campbell meets her

BUSY LIZZY'S BOLTHOLE

The moment you step through the door of Lizzy Bramley's charming Georgian cottage, you can tell that this is a home with a unique personality. For a start, the Farrow and Ball bone-coloured walls of the original, stone-flagged hallway sparkle with an intricate, hand-painted swirl and dot gold pattern, which fine art graduate Lizzy painstakingly completed over a period of four years.

She was inspired by hand-printed 1930s wallpapers. And even the coat hooks, which hold an array of gorgeous vintage coats, are from the same period. "I have got a thing about coats," says Lizzy. "For every outfit, I have to have a coat that goes with it. I can't just throw anything over the top."

She has plenty to choose from, including a white Sixties woollen one with huge buttons, a bright yellow mohair collarless Fifties design with three-quarter length sleeves, and a beautifully tailored Sixties linen coat with Peter Pan collar.

As befits the home of an artist and vintage enthusiast, every item, from those coats on elegant pegs to the handbags that hang on the back of the kitchen door and the collection of gilt-edged Fifties dressing table mirrors artfully arranged above the old Parisian wrought iron stove in the living room, has been chosen and placed with care.

Lizzy's flair oozes from colours, textures and all the witty retro finds dotted about her home. We sit on stylish, brown leather sofas, designed by the acclaimed British furniture designer Robin Day in the striking family living room, which is painted a rich, deep purple.

The cut-glass light fittings cast an atmospheric patterned light across



I have got a thing about coats. For every outfit, I have to have a coat that goes with it. I can't just throw anything over the top

the ceiling and a curtain Lizzy made from an old grey and pale pink silk quilt she found in a shop in Saltburn is draped over the French doors, which lead out to a small courtyard. "It was a dark room anyway, so we thought we should go even further," explains Lizzy, who sells clothes, shoes, hats, handbags and jewellery, largely from the Fifties and Sixties.

The vintage Union Jack hanging above a Phillippe Starck Louis Ghost chair and desk in the corner perfectly reflect the eclectic mix of old and modern that Lizzy loves. She collects items from car boot sales, antique shops and jumble sales, and also finds bargains, such as the Parisian wood-burning stove, on eBay.

Today, she is wearing a psychedelic patterned peach, pink and gold Sixties dress with a bright fuchsia mohair jumper from Toast. "I love vintage dresses, the very fitted looks from the Fifties and Sixties, but the sort of stuff that is really in fashion today. What is in vogue and really expensive is just not the same when it is diluted on the High Street. But you can achieve that same, quality look with vintage mixed with new stuff," she says.

In her work room, stocked with vintage dresses, hats and handbags, she even has a life-sized paper cut-out of her favourite dress, a floral pink cotton Sixties long-sleeved empire line mini-dress, with a grosgrain ribbon tied in a bow at the front. "This is a way of enjoying it all over again, in another form. It's my absolute favourite dress and I love to wear it with modern shoes and orange tights," she explains.

Dotted about the room, there are also a number of Lizzy's unusual textured paper quilted handbags, made from old sewing pattern sheets, which she hand embroiders with floral patterns. When Lizzy took one to a fashion event in Manchester, a Vogue beauty editor admired it and asked her where it came from. Lost for words, Lizzy couldn't bring herself to tell her she had actually made it. "I was too shy," she says.

Some of her framed artwork, mixtures of drawings and collages created from textured papers, hang on the walls throughout the rest of her three-bedroomed terraced home, which was once used as a cafe. She and husband Aidy installed period doors and wide, reclaimed floorboards when they moved in ten years ago, in order to recapture some of the ➤





original character of the 1740 property. Lizzy points to a beautifully tattered and worn leather Twenties chair, with much of its lining exposed, in the corner of the light and airy front room. "I don't mind if things are broken or damaged. I like it the way it is," she says.

One of her favourite items of clothing is a faded and frayed vintage Levi jacket, with patched repairs. "I love it where things have been repaired over the years and you can see the stitches of different people who have worn it. I like to use things and not keep them pristine." The old toys on display also show signs of being loved and used down the years, as does the battered seed chest Lizzy picked up at auction, and the 1930s cockerel bag with plastic handles in orange and slate blue. "I love the unusual colours of this bag. I have always appreciated colours," she says.

Brought up in Nottingham, Lizzy was a particularly artistic child, who started making and designing clothes from a young age. As a teenager in the early Eighties, she was fascinated by music videos, especially those of the more edgy, independent bands. Now 49, she recalls making a skirt inspired by musician Malcolm McLaren's 'Buffalo Gals' 1982 hip-hop music video. "It was a big, full panelled skirt and I embroidered the signatures of my favourite band, Orange Juice, on it." She bought Fifties and Sixties clothes from jumble sales from the age of 14, and particularly loved old stilettos.

At Leeds Polytechnic, she threw herself into college life, singing in a busking group called The Moaning Minnies. She also did a lot of travelling across Europe. At the end of her degree she went to art school in Cyprus for three months before returning to Nottingham to set up a studio. But when she fell pregnant with her son Gabriel, now 25, she felt isolated in Nottingham and moved back to Leeds.

While working as an artist, Lizzy got together with Steve Elvidge, singer with the band Age of Chance, and also a DJ. The couple, who went on to have two children, Curtis, now 21, and Lily, now 18, started running a vintage stall at the weekly flea market in Leeds. Sourcing items from jumble and car boot sales, their business took off and they opened a shop called Funky Stuff. When the relationship ended, Lizzy, who had by now moved to a village outside Ripon, started working as a gardener. "I found that really creative," she says. She went on to work with adults with learning difficulties.

It is only recently that Lizzy, who married roofer Aidy nine years ago, decided to return to her first love, vintage fashion. Initially opening a vintage clothing shop called Fabulous, in Ripon, just over a year ago, she now sells solely online after internet sales soared. "Month on month, growth has been enormous," she says. Buyers come from all over England and Europe, with many from London. "People got to know me when I had the shop and started bringing me clothes," says Lizzy, who buys items from the Twenties to the Seventies.

One of her favourite finds was a Twenties velvet cape with fur collar and fringing which she sold for £70. "It was amazing, so bohemian," she says. She also craved a black velvet dress with lace cuffs and bib from the Sixties: "I tried to get it on, but it was too small," she says.

Her other great love is handbags and her prize vintage collection is displayed on the back of her kitchen door. In direct contrast to the dark purple living room next door, this room is white, with a sleek, modern white, high gloss finish Ikea kitchen with corian top.

She and husband Aidy choose everything together, but, she confesses: "He is usually swayed by me. It is more important to me that things are the right colour and shape."

A recycled, industrial chic-style glass light fitting by British designer Abigail Ahern hangs from the centre of the ceiling, above a scrubbed wooden table. Otherwise, the kitchen appears bare. "I always keep it clear. There is a place for everything," explains Lizzy.

Even her laundry basket is vintage, an elegant looking French metal basket she picked up at an antiques fair. "I don't like having anything that isn't stylish," she laughs. "That probably sounds really snobby, but I can't have anything that's out of place."



Photography: Richard Doughty



MAGPIE TENDENCIES
Lizzy is constantly adding her finds to the family home

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SOLICITORS

Helping families through difficult times

by Nicola Goodman, Family Law Specialist

None of us want to end our marriages in divorce but if you are having to consider this option, you are not alone. At least 42% of marriages end this way. There is no reason why being part of the statistics means that you have to be part of the upset that can follow. Based on our experience of working with families during these difficult times, here are a few thoughts which may help.

Put the children first. Try to be honest in your dealings with your children. Don't involve them in your arguments and speak to them about the other parent respectfully.

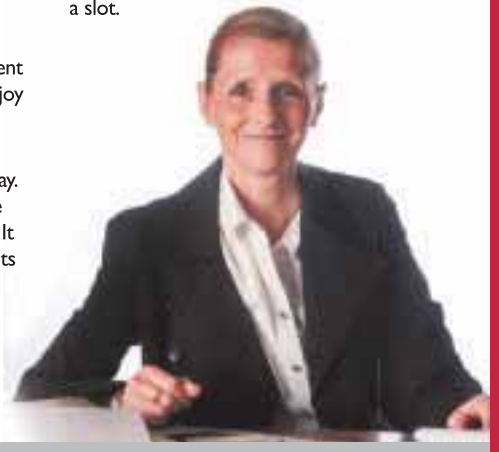
Get the right advice at the right time. The benefits will often outweigh the costs. It will make things easier if you appoint a solicitor to draw up a financial agreement or deal with any disputes.

Find the positive side of the situation - honestly, there really is a positive side to all this. If you have children, look after their needs first. Then, look after yours.

Use your time to become your own person. You can now be the parent you always wanted to be and learn to enjoy the freedom you have to start over.

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LIFE IS SWEET

Maxine Gordon goes behind the scenes at York's newest hotel and discovers guests are in for a treat

Smarties cushions, jelly-mould lampshades and chocolate-bar walls are tempting visitors to York's newest hotel.

A chocolate theme runs through the 101-room Hotel Indigo in the city's Walmgate, inspired by the city's confectionery heritage, and to top it all the general manager is named Mike Sweeting.The wood panelling is designed to resemble chocolate bars and the multicoloured scatter cushions look like they've been covered in giant Smarties. Chocolate from local firm Choc Affair is on sale in the bar and in the guest bedrooms.

Keeping it local, The Yorkshire Meatball Company, of Harrogate, has opened its second outpost at the hotel. On the menu will be meat, fish, chicken and veggie balls as well as brunch balls, which come served in a brioche bun with bacon, mushrooms, tomato and a fried egg.Included in the bar list is a gluten-free beer from Yorkshire - Against The Grain, from the Wold Top Brewery, just outside York.

The hotel is the 18th in the Indigo chain to open in Europe. "Each is different, but the brand focuses on a neighbourhood story and for York that is the chocolate heritage of the city and the area of Walmgate," explains Louise Wright from the Splendid Hospitality Group, that runs Indigo as well as York's five-star hotel, The Grand.

Sliding wooden doors between the reception and bar/restaurant pay homage to the Crown & Cushion pub and brewery that was once on the site. The history of Walmgate is writ large in the interiors too - literally in a photo-montage on a bedroom wall. Aside a supersized 'Y' hang black and white pictures of the street, including a print of Isaac Poads and Sons, Corn Seed and Potato Merchants. The building now houses the offices of the city's newspaper, The Press, and our very own Yorkshire Living magazine. Lampshades in the room have been printed with the details of Walmgate trades people listed in the Kelly's Directory of 1893 - the Yellow Pages of its day.

Bathrooms are handsomely tiled to reflect the Victorian heritage in the city. The railway history is mirrored in the iron work up the main stairwell.

Toiletries have been supplied by H2K of Harrogate. Floors have been laid in locally sourced oak and room numbers have been carved into stone with a nod to York Minster. Work on the build was delayed when an excavation unearthed some old bones. But this was no precious historic find - they turned out to the skeleton of a dog.

The company believes its guests will be attracted by the Walmgate location – central to one of York's liveliest bar and restaurant quarters and a short stroll away from the attractions of the city centre. Louise said: "It is a boutique, high-end hotel, but with a relaxed feel. We expect guests may eat in the restaurant for one night then go out into the neighbourhood to explore."

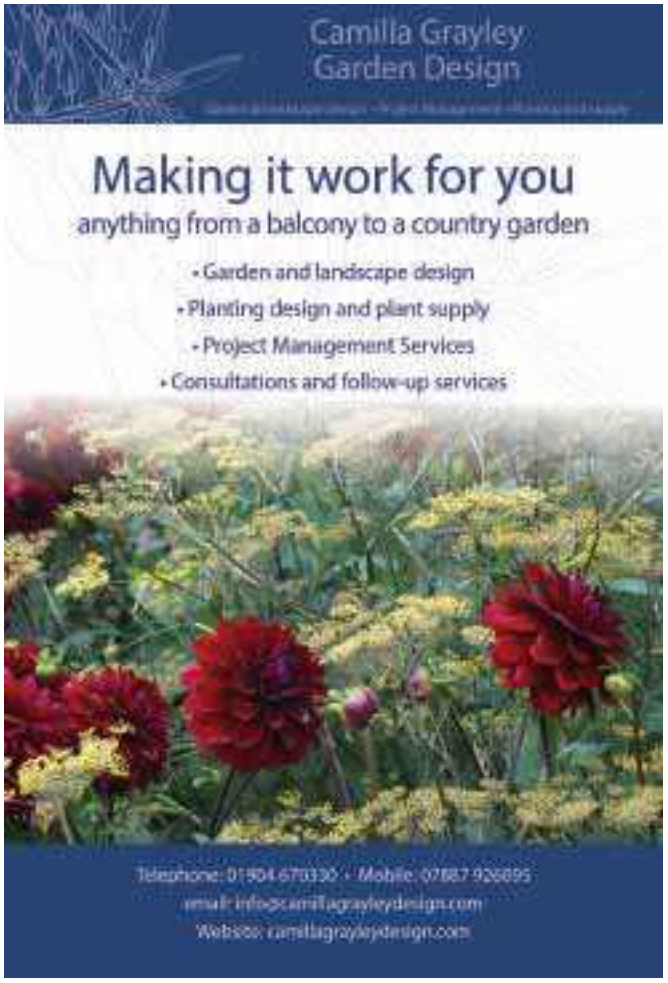
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Room rates vary from £99 to £189 and higher at peak times such as race days.













GARDENS

by Camilla Grayley

Keep deadheading perennials and roses to enjoy the last of the flowers or, if you like the vibrant orange and red of the hips, an added highlight of colour in autumn and winter especially when shimmering with frost, then leave a few flowers on any roses for some autumn and winter colour.

Keep watering any newly planted perennials or shrubs to make sure they aren't drying out, particularly as September often has a last burst of warmer weather, and give the hedge a last trim before any frosts occur. Start mowing the lawn less frequently, putting the mower on a higher setting. If there are any brown patches, think about repairing the lawn. Aerate and scarify the lawn, add a sand top dressing and finally, apply lawn seed.

Autumn is a key time for harvesting any fruit that you've grown, such as apples, pears and plums. Collect and enjoy autumn-fruiting raspberries if you've grown any; they may need netting to make sure that you can enjoy the last of the small, juicy fruits before the birds take them. Once you've enjoyed the harvest, tie in new raspberry and blackberry canes and cut out the old ones once they have finished fruiting.

Keep hoeing the weeds away from any vegetables while continuing to harvest the last of the crops including potatoes, carrots and beetroot. Plant out and sow winter and spring crops, such as spring cabbages and lettuce.

Start thinking about any changes or additions you would like to make to the garden next year. Plant perennials now to give them a chance to settle in over winter before the main growing season starts next spring. Browse catalogues to get new ideas, some new shrubs to give structure to the garden or roses for amazing scents and colours, and think about ordering bare-root shrubs, trees or roses ready for planting between November and March. Along with any new shrubs, start ordering any bulbs to supplement existing collections or to complement existing colours.



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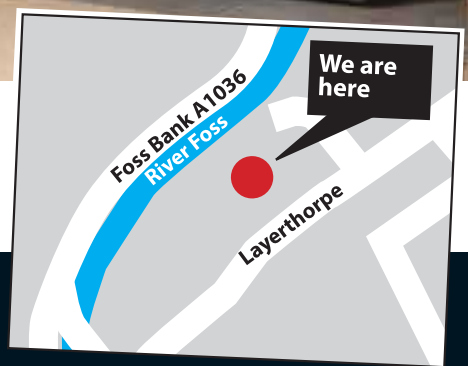
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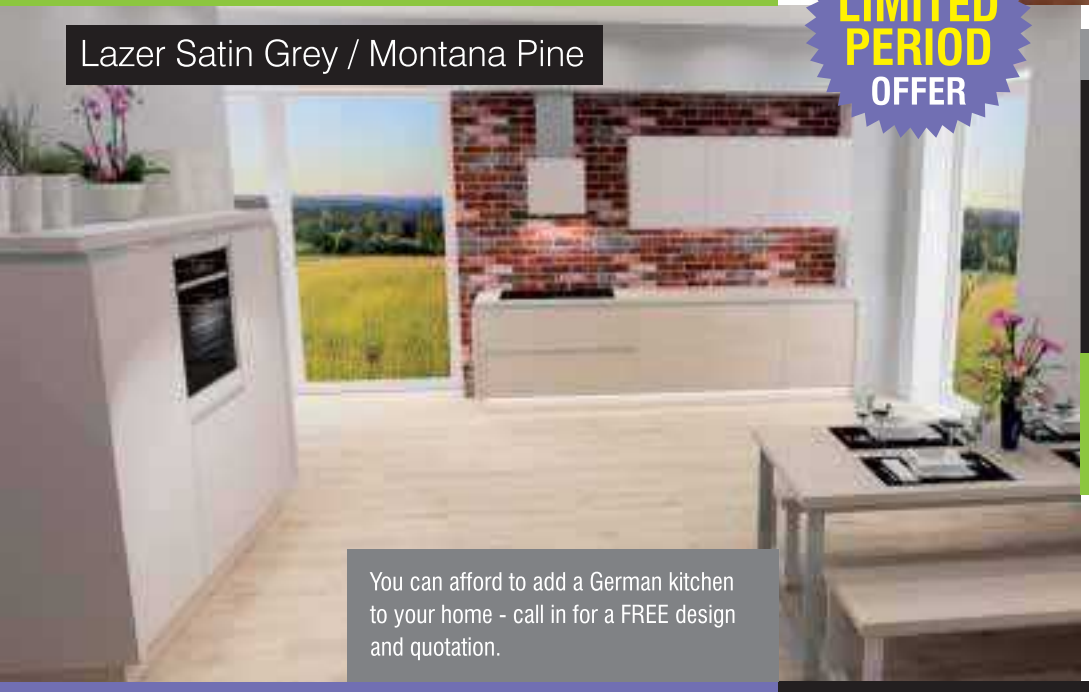
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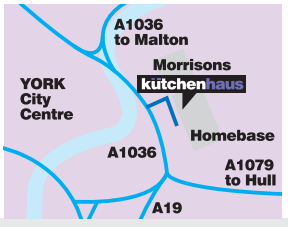
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THE BEAUTY OF A GARDEN SPANS THE ENTIRE YEAR, AS WORK BY YORKSHIRE PHOTOGRAPHERS HAS SHOWN. STEPHEN LEWIS REPORTS

Most people who visit Stillingfleet Lodge garden do so in the summer months, when the sumptuous herbaceous borders are in full bloom.

The gardens are actually closed to the public from October to March, so the chances are you'll never have seen the popular family garden as it appears in these photographs today.

Owner Vanessa Cook invited members of the Selby Camera Club to make a complete photographic record of the garden throughout the changing seasons of a full year. The images that they came up with both surprised and delighted her.

Nine photographers in all paid regular visits to the garden throughout the year."They each looked at the garden completely differently," Vanessa says. "There are some wonderful close-ups of flowers; others that are quite quirky. And because they came back regularly throughout the year, there are photographs from times when we're not open."

The resulting photographs - including those on these pages – were included in an exhibition, A Year in the Garden, which ran at Stillingfleet Lodge during July, but you can see the work amongst other exhibits at the camera club's forthcoming annual show.

The images range from dreamy abstracts to crystal-clear close-ups of berries and blossom, autumn leaves in a pool of water - and even a stunning portrait of guinea fowl amongst trees, their plumage a study in texture and contrast.

"Vanessa asked if we would be willing to create a photographic record of a year in the garden, looking at the range of flowers and colour throughout the seasons," says camera club Vice President Mike Hatfield.

"It certainly is a wonderful garden. Hopefully we covered all the seasons as Vanessa requested. Her comments when picking the photographs were that they were 'far better than I ever expected!'" We should think so...







Selby Camera Club holds weekly meetings from September to May at the Franklin Centre in Selby. The club has about 50 members. It has an annual exhibition in Selby Abbey over the August bank holiday weekend (August 29, 30 and 31, entrance free) and it also organises other exhibitions and field trips.To find out more about the club, visit selbycameraclub.co.uk



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Stillingfleet Lodge Garden, near York, is an English garden, managed to be as wildlife-friendly as possible. The family garden has been developed over 40 years, and now comprises a series of small gardens opening out into an avenue that leads to a wildflower meadow. The planting emphasises a cottage-garden style and every part is maintained organically. Seed heads are left as food for birds and cutting back is limited, to provide habitat for insects. For visitors who prefer more formal gardens, there is an elegant rill garden with minimalistic planting.

The perennial wildflower meadow is a haven for native plants and wildlife and visitors can sit and enjoy the tranquil atmosphere around the naturally planted pond.

For entrance times and admissions information, contact Stillingfleet Lodge Gardens & Nurseries,

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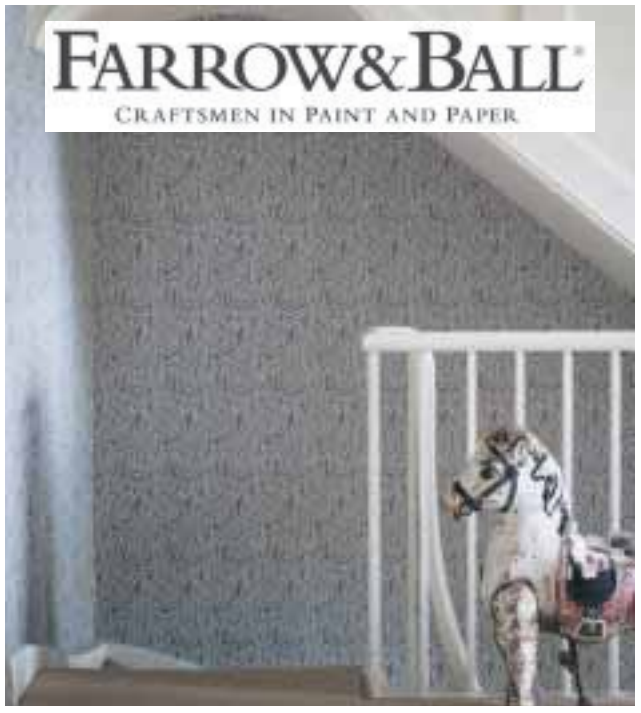
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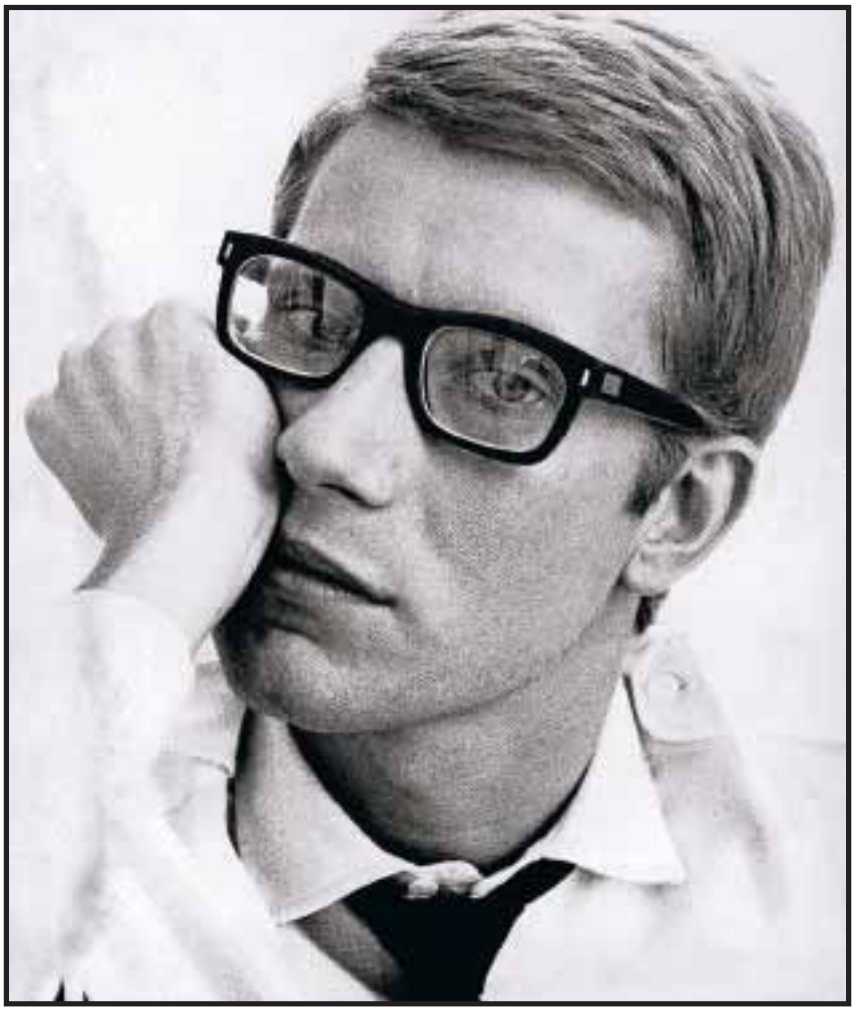
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The wedding dress – tribute to William Shakespeare

Opposite page: Portrait of Yves Saint Laurent, 1964



The first exhibition in the UK of the work of Yves Saint Laurent, one of the most influential fashion designers of all time, is being unveiled in County Durham this month

The YSL story

Given his towering influence on the world of fashion, one might have expected the first major Yves Saint Laurent exhibition in the UK to have gone to London. Instead, it's coming this month to County Durham, being staged in Barnard Castle's stunning French chateau-style Bowes Museum.

It's a coup for the museum and the North-East, but a decision which has the backing of Saint Laurent's former partner, who said the museum was the perfect setting for the show. "The Bowes Museum is a natural destination given its exceptional work with fashion and textiles; the museum and its location also clearly reflects Yves Saint Laurent's and my own passion for inspiring, timeless places," said Pierre Bergé, president of the Fondation Pierre Bergé, which is committed to the promotion of the work of YSL internationally. "It is the perfect setting for us – a museum built as a French chateau, in the age of the Second Empire"

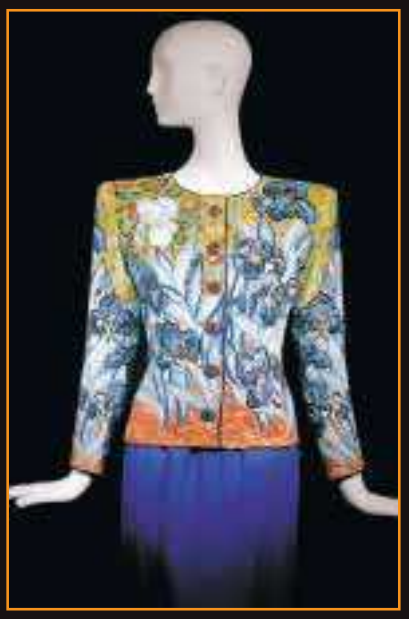
The Yves Saint Laurent: Style Is Eternal exhibition will highlight the defining elements of Saint Laurent's vision, and the significant influence it has had on fashion and the way we understand womenswear. It will feature 50 outfits, many never shown outside Paris before, and spans Saint Laurent's incredible career. It will include designs influenced by art history, such as his sharply cut and patterned Mondrian dresses, and his Russian collection, inspired by the costume designs for Sergei Diaghilev's early 20th-century Ballets Russes.

It will also include his endlessly imitated jumpsuits, trench coats, trouser suits and the dinner jackets he transformed into women's evening wear, dubbed Le Smoking, which he launched in 1966 and which still feature on almost every red carpet. His mannish clothes for women were socially important. As Bergé has said: "If Chanel gave women their freedom, it was Saint Laurent who empowered them."➤











> If Chanel gave women their freedom, it was Saint Laurent who empowered them

After heading up the Christian Dior fashion house from 1957 to 1960 as creative director, Saint Laurent created his own fashion house with Bergé, with its first catwalk show in 1962. Saint Laurent had the ambition to dress all women, not only exclusive haute couture clientele ,and in 1966, he opened the first ready-to-wear boutique to bear a couturier's name, Saint Laurent Rive Gauche, opening the way to fashion as we know it today.

For 40 years, Bergé managed the business while Saint Laurent focused entirely on the creative side, and the pair built it into a multi-million-pound fashion and perfume empire.

In the first dozen years, the designer defined a new style and composed the quintessential elements of the modern woman's wardrobe: the pea jacket and trench-coat in 1962; the first tuxedo in 1966; the safari jacket and the first trouser suit in 1967; the jumpsuit in 1968. During the 1960s and 1970s, the firm popularised fashion trends such as the beatnik look, safari jackets for men and women, tight pants and tall, thigh-high boots. He also started mainstreaming the idea of wearing silhouettes from the 1920s, 1930s and 1940s.

The show will link into the Bowes Museum's own fashion collection and will explore a number of themes – art, transparency and women's emancipation – as well as highlighting the different eras and styles of Saint Laurent's creative career.

"The Bowes Museum feels honoured to host the first exhibition in the UK of one of the most influential fashion designers of all time," says Fashion Curator Joanna Hashagen. "This certainly is a great moment in the history of The Bowes Museum, as well as for fashion display in the UK."











Clockwise from far left: Pantsuit; cocktail dress inspired by Pop Art; Yves Saint Laurent pictured in 1986, with below, cocktail dress inspired by Pop Art and short evening ensemble, tribute to Vincent Van Gogh; long evening ensemble; Marina Schiano wearing short evening dress (© Estate of Jeanloup Sieff), with below, evening outfit, Fall/Winter 1979; caped evening outfit, tribute to Georges Braque; short cocktail dress, tribute to Piet Mondrian © Fondation Pierre Bergé

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The Bowes Museum was the legacy of John and Joséphine Bowes, a couple as exotic as their creation. He was the child of the 10th Earl of Strathmore and one of the estate workers, Maria Millner, who wed when the earl was on his deathbed to secure their son's succession. Coal made him rich and he married beautiful French actress Joséphine Coffin-Chevalier. Together they planned a museum to bring the arts of the world to the people of Durham and, although the building was completed only after their deaths, they left a collection of 15,000 objects, including paintings by El Greco, Canaletto and Goya, Sevres porcelain and the Silver Swan, a life-size, 18th-century automaton that still does its party piece for visitors every day.

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The Bowes Museum, Newgate, Barnard Castle, County Durham DL12 8NP. T: 01833-690606; W: *thebowesmuseum.org.uk*



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SPORTS INJURY

by Mr Simon Boyle

Mr Simon Boyle is a Consultant Orthopaedic Surgeon who specialises in shoulder and elbow disorders. He has a particular expertise in treating elite sports injuries. Simon is an award winning surgeon who has trained in the world's leading shoulder and elbow units and offers the most up to date key hole surgical techniques.

As a proud Yorkshireman, it has been exciting to see the great sporting successes associated with the county in recent times. Yorkshire boasts fantastic teams and participation in rugby league and union, football, equestrian events and cycling to name just a few. With such an active population and increased participation in sports comes an increase in the number of injuries. As a result, I am regularly seeing patients with shoulder pain, tendon tears, dislocations, fractures, stiffness and arthritis.

Nowadays, patients and sportsmen quite rightly want a speedy resolution to their symptoms and a return to the lifestyle, activities and sports they enjoy. This is best achieved through an experience and understanding of these conditions and the ability to reach an accurate and prompt diagnosis.

Many of these conditions can be successfully managed through being directed to the correct therapy, however, there are some injuries that will achieve the best outcomes through surgery. Shoulder surgery has advanced enormously in the past five to ten years and it is a real privilege to be able to offer the latest keyhole techniques to patients that were previously only available in Europe or America. These have enabled me to get patients back to the function and sporting level they expect in a timely fashion.



Consultant Orthopaedic Surgeon Mr Simon Boyle

If you have questions about your Sports Injury – Call Clifton Park Hospital on 01904 464 550
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East meets West

MAXINE GORDON TESTS A TRADITIONAL THAI MASSAGE IN THE HEART OF YORK

Crossing the threshold of the 5 Senses Spa is like moving into a different world.

The citrus-sweet smell of lemongrass fills the air and the hum of eastern chants and chimes echoes through the building.

The interior is womb-like, decorated with claret reds, golds and dark wood. Tea lights add a final warming touch.

We're at the Mount Royale Hotel in York, but the cars, noise and bustle of city life are erased within moments of stepping inside.

The spa has moved to the hotel from its previous base in Clifton Green, and now has the added offer of an outdoor pool, sauna, steam room and hot tub for clients to use (an additional charge of £10 applies).

The spa has linked with the hotel restaurant to offer clients a light lunch menu (£10.95 with a soft drink) or afternoon tea (£18.95 or £25.95 with a glass of champagne).

I was here to try one of the spa's signature treatments: the Thai aromatic oil full body massage (£70 for 90 minutes/£85 for 120 minutes).

My therapist Anan Sophangam explains that this treatment is the best of "east meets west" – merging the techniques of Thai massage with the use of warming body oils, favoured over here.

She begins by doing a "palm walk" up my body. This is very firm and as she pushes her weight up my calves, I already feel the tight muscles firing back.

As she moves up the middle of my back and across my shoulders, I steel myself for what is to come.

Anan asks what sort of pressure I would prefer, and I say medium. Soon, she is working on those aching areas, kneading knots with her fist, knuckle and even elbow.

She spends a good half hour on my upper back and neck and shoulders, crunching away at the trouble spots – which are many.

There is some manipulation too: she pulls my arm firmly, hoping to shake some life back into it. After painstakingly massaging my legs with generous amounts of energising bergamot oil, she bends each limb forward, almost getting my toe to touch my bottom. I feel like a contortionist.

The idea is to boost circulation and help eliminate toxins from the body.

Two thousand years ago, says the 5 Senses website, it was believed that a spa was a place that should be more than a retreat – it was considered to be a place to nurture your mind and body.

After the massage, I feel like I've had a workout, yet notice I am both relaxed and energised rather than sleepy.

Later, Anan serves me hot, sweet, ginger tea in the hotel lounge. It is delicious and unusual – spicy and soothing all at once.

Another taste of Thailand that I'll want to savour again.



The 5 Senses Spa is at the Mount Royale Hotel, 119 The Mount, York. Telephone: 01904 623 745. Find out more at: 5sensesspa.com

REN MOROCCAN ROSE GOLD GLOW PERFECT DRY OIL (£34/100ML)

Available from Fenwick, York, and Space NK, Harrogate and online at renskincare.com/uk/

They say: An exquisite dry oil that leaves skin glowing, soft, nourished and healthy. Deeply hydrates, conditions and protects.

We say: Beautiful smelling product - like a trip to an expensive spa - and a light oil that doesn't leave greasiness.

5/5



OSKIA MICRO EXFOLIATING BALM (£46/50MK) & RENAISSANCE HAND AND BODY CREAM (£34/150ML)

Available from: Space NK and oskiaskincare.com

They say: Can help combat keratosis pilaris, those nuisance bumps that appear on the top of arms and front of thighs. Passionfruit, lemon, grape and pineapple AHAs help exfoliate the skin and break down excess keratin, the hard protein that blocks the hair follicle and results in the bumps.

We say: This double action treatment has really helped bumpy skin on face and arms, leaving skin visibly softer and smoother.

4/5



KORRES WATER LILY BODY MILK (£10/200ML)

Available from: Debenhams.com

They say: A moisturising body milk, enriched with vitamins and trace elements, essential skin energy boosting agents. The combination of almond oil, active Aloe, pro-vitamin B5 and shea butter provides long-lasting hydration while enhancing skin suppleness. Dermatologically tested.

We say: This is a lovely light body moisturiser that absorbs quickly and has a light, floral fragrance perfect for this time of year.

4/5



RADICAL SKINCARE FIRMING BODY CREAM (£65/200ML)

Available from: radicalskincare.com

They say: A luxurious five-in-one body cream that delivers maximum anti-ageing actives, nutrition and hydration to the body. Firms and restores elasticity, the light formula absorbs into the skin instantly.

We say: A luxury light cream which absorbs instantly into the skin, leaving it silky and moisturised all day long. My upper arms feel firmer on application and I'm sure with prolonged use they will feel better still; definitely recommend.

5/5



TESTING TIME

Luxury moisturisers for the body

KIEHL'S CRÈME DE CORPS BODY MOISTURISER (£16/125ML; £27/250ML; £45/500ML)

Available from: Kiehl's

They say: This iconic product is an all-over body moisturiser containing beta-carotene (a naturally derived anti-oxidant found in red vegetables such as carrots), combined with aloe vera, squalane, vitamins A and E and vegetable oils to soothe and moisturise the skin.

We say: This is a great body moisturiser for anyone who likes something a bit lighter and without fragrance. Absorbs into the skin and keeps it feeling soft all day.

4/5



CLARINS TONIC BODY BALM (£31/200ML)

Available from: Clarins

They say: A deeply conditioning, aromatic formulation with a soft-as-butter texture. Contains ginseng extract to increase the skin's energy levels and firmness.

We say: Absolutely divine product, combining the richness of a luxury body butter with a slightly tingling after-effect that brings the skin to life. Skin stays super soft all day. Recommend.

5/5



BALANCE ME SUPER MOISTURISING BODY OIL (£24.50/200ML)

Available from: Waitrose, John Lewis, Debenhams and balanceme.co.uk

They say: This is a 100 per cent natural, petroleum and nut-free body oil; the ideal insurance policy against dry or cracked skin and stretch marks. Revitalising and healing neroli has been blended with rejuvenating rosehip, which livens up skin and has been used to treat scar tissue.

We say: While it didn't make much difference to the appearance of scars, this oil worked wonderfully on dry skin. Much more effective than a moisturising cream, the oil is easily absorbed, yet leaves a silky, non-greasy sheen which lasts for hours, and a softness which can be felt for days.

4/5



ANNE SEMONIN FIRMING BODY SERUM (£49/100ML)

Available from: annesemonin.com

They say: An easily absorbed gel that delivers visible and proven tightening and firming results for the skin. To help improve the appearance of the décolleté, stomach, arms and legs.

We say: I was rather put off by the smell, however, you can feel the tightening immediately after each application and see a bit of a difference. Possibly too soon to vouch for the lasting benefits, but I am hopeful.

4/5



FENWICK BEAUTY WEEK

Friday 4 – Sunday 13 September



Beauty Week at Fenwick York is here to help you discover autumnal trends to revive your look for the upcoming season. From Friday 4 - Sunday 13 September there will be daily demonstrations and offers in their renowned Beauty Hall, home to beauty houses such as MAC, Chanel, Dior, Laura Mercier and YSL. There will be product launches from the likes of Nails Inc and Margaret Dabbs as well as special offers throughout the event.

EVENTS DIARY

Every day at 12pm, 2pm and 4pm

Monday 7 September: Molton Brown

Relax with Molton Brown hand and arm massages.

Tues 8 September: Caudalie
Discover how to take care of your post-holiday skin with their Divine range of body butters and lotions.

Wednesday 9 September: Bare Minerals
Learn how to create a natural barely there look with bareMinerals signature style.

Thursday 10 September: Clarins
Let the Clarins experts offer you a complimentary mini neck and shoulder massage or hot stone hand layering treatment.

Friday 11 September: Thierry Mugler
Discover the Angel and Alien fragrance range plus receive complimentary fragrance minis.

Saturday 12 September: Color Wow
Learn how to achieve perfect hair colour 365 days a year. Plus, purchase a Color Wow Root Cover Up and receive a free* travel size shampoo and conditioner (RRP £18)



NEW PRODUCT LAUNCHES

Beauty Week will also highlight new brands and products that are now available in the Fenwick York Beauty Hall.



NAILS INC

This season Nails Inc and alice + olivia by Stacey Bendet have collaborated to create a range of irresistible nail polish shades. Inspired by their AW15 collection, this collection boasts a 1970s rock and roll vibe with a dark bohemian twist.

THIS WORKS

This works provides an award winning range of natural and effective beauty products. Their best-selling deep sleep range is clinically proven to help users fall asleep faster than normal and feel refreshed in the morning.



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Margaret Dabbs provides luxurious foot care products expertly formulated to give healthy and gorgeous feet. Their best-selling Foot Hygiene Cream is designed to help relieve symptoms of cracked and dry skin. All Margaret Dabbs products include a key ingredient, organic emu oil. The oil is easily absorbed into the skin and promotes natural properties including anti-aging, helping the skin feel soft and smooth.



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Advice on varicose veins

Whilst looking at her holiday photos, a woman was heard to say "In that one my leg looks like a road map of Italy!" She was probably describing her varicose veins, a common condition affecting up to one third of people.



Beyond appearing unsightly, varicose veins can cause discomfort and aching. Longer term, they can also cause health problems if they become inflamed and ulcerated.

Varicose veins occur when valves inside the veins stop working properly. In a healthy vein, blood flows smoothly to the heart in a 'one-way' system regulated by the valves. When the valves weaken, blood can flow backwards and cause the vein to stretch and dilate. This weakening can be caused by factors such as pregnancy, being overweight or working in a job involving prolonged standing.

Weight loss, putting your feet up and wearing support stockings can all relieve the aching and discomfort associated with varicose veins, but none of these is as effective as treatment from Nuffield Health York Hospital.

A special ultrasound examination helps the Consultant determine which of the many treatment options would be best. Nowadays, most procedures involve only minimally invasive surgery and include laser or radio frequency treatments to destroy the vein and quickly eliminate unsightly bulges. Treatment can often be performed under local anaesthetic as a day case so you can quickly get back to your normal routine.

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Headaches, Difficulty reading, Difficulty concentrating, Tires, sore eyes, Blurred vision, Words overlap **(like this)**, Sleepiness

7 LOWERS SELF-ESTEEM

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Successful treatment IMPROVES ACADEMIC **OUTCOMES**

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Mount Junior Girls 100% LAMDA Distinctions

Pupils at The Mount Junior School have again scored 100% Distinctions in national drama examinations.

The School, which also scored perfect Distinctions-only in 2012 and 2014 in the national examinations for the London Academy of Music and Dramatic Arts (LAMDA), is York's only all-girl school for junior years.

Drama teacher, Rachel Lavell, said "The girls did incredibly well for the examiners with their group pieces, which they also performed for parents and friends at our annual Drama Showcase, entitled "I See A Voice".

"I enjoy teaching these enthusiastic girls who have such tremendous levels of energy which they willingly channel into insightful performances. In group recitals, the girls worked very well together as a team and they really excelled in their concert this year," said Rachel, who also teaches Drama to The Mount's senior students.

Principal Julie Lodrick said, "I am delighted for the girls, who worked very hard indeed and truly deserve their accolade. Credit is also due to Rachel and our Junior School teachers.

"The insights and passion with which the girls perform in drama pieces cannot be achieved through mere coaching. The Mount's caring ethos fosters self-belief, independent thinking and sensitivity to others. This nurtures in the girls a gentle confidence that is key to delivering, year on year, such outstanding and insightful performances and of course their LAMDA results. From such a large group of girls, as you can see from the photograph, the results are no coincidence."

The Mount boasts acting icons Dame Judi Dench, Mary Ure and Naomi Sheldon among its alumnae.





Inspiration at Queen Ethelburga's

Hockey bronze medallist and GB and England Centre Forward Alex Danson led a training session for students at Queen Ethelburga's Collegiate near York.

The elite athletes were treated to a goal scoring masterclass from Ms Danson, who made her senior international debut in 2001, aged just 16, and has gone on to win not only a bronze at London 2012, but further medals, including a silver in last year's Commonwealth Games.

As one of the sport's leading professionals, Ms Danson was not only impressed by the high standard of play, but by the extensive facilities on campus.

"I was intending to drive back down south to my training session, but am so amazed at the gym facilities I am hoping I can stay and train here," said Ms Danson.

> **"Alex Danson is not only an inspirational player but fantastic at motivating our students and helping them master their techniques**

Director of Hockey at QE, Lewis Butcher, was delighted to welcome Ms Danson to the Collegiate: "She is not only an inspirational player but fantastic at motivating our students and helping them master their techniques. I know everyone has taken a lot away from this session and it is certainly something we would like to repeat in the future."

The sports village has a swimming pool with sauna, steam rooms and Jacuzzi. There is a massive triple-court sports hall which can accommodate multiple games at the same time. The new £1 million state-of-the-art fitness suite has just opened and can take up to 100 students exercising together.

**Visit qesportsvillage.org to see the full range of facilities or come and visit us and see what makes us so special.
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Are we all about academics?

No, but were you aware the Daily Telegraph and The Times both rank QE College as the top most academically successful day and boarding school in the North for A*/ A grades at A Level and equivalent results and our Faculty of Queen Ethelburga's, the third most academically successful co-educational day and boarding school in the North for A*/ A grades at A Level and equivalent results?

Are we all about Sport?

No independent school in the North has the equivalent of our £20m Sports Village. A parent said we are now in a league above the rest. See: www.sportsvillageqe.org

Are we all about superb facilities?

No, but we have invested over £80m in superb new teaching facilities and resources in the last 8 years - way more than any other independent school in the North.

Are we all about boarding?

No, but no one comes close to the quality of our boarding accommodation. The best in the UK. All bedrooms have private bathroom, air-con, TV, phone & mini-kitchen.

Are we all about day pupils?

No, but it is interesting to note our day fees are, on average, over 14% less cost than other local independent schools and our bus service covers a very big local area.

Is it all about Scholarships and Awards?

No, but then again who else offers over £3m in Scholarships and Awards every year? Even without any form of Scholarship or Award, sending your child to QE could save you between £3,000 and £7,000 in day fees a year, compared to elsewhere.

All of the above are perhaps the reasons why appreciably more parents have chosen QE this year than last year.

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Our discounts are bigger than others, if indeed they even offer them. Brothers & sisters - boarders from 12% - 20%, day pupils 10%.

" We were looking for our children to change schools. However in the independent sector this has financial implications. Our problems in this regard were solved by the offer of Day or Boarding Awards (our choice) for both children of First Term Free. They moved, are now happy, and doing very well. QE is growing in size because it is run in a refreshing, modern and much better way. There are plenty of day children."

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7 A star and 3 A Grade GCSE's worth up to 60% of the fees





Pippa Hahn and Claire Dryden, British and International Dressage Judges



Sally Ginley, on Law and Order



Dressage Judge Eva Trotter, with writers for the judges, Jane Thompson and Debbie Blenkiron



Clare Dixon and Louise Hutchinson

RICHMOND

Aske International Horse Trials, Aske Hall, Richmond

Photography: Jo Hughes

The Aske International Horse Trials held its July event at Aske Hall, Richmond, by kind permission of The Earl and Countess of Ronaldshay.

Up to 2,000 spectators attended what is one of the north's premier international horse trials, to watch top riders in action against the backdrop of Capability Brown-attributed grounds and a beautiful Georgian stately home.

Flatter areas of the estate lent themselves perfectly to dressage and show-jumping arenas, while the gently undulating parkland made for a fantastic cross-country course.

The event is a firm favourite with local riders including Olympic medallists Karen Dixon, from Wycliffe, and North Yorkshire's Nicola Wilson. Over the years the likes of fellow Olympians Caroline Powell, Oliver Townend, Zara Phillips and Clayton Fredericks have all competed there. It's also a well regarded springboard for up and coming talent, as well as providing a great experience for keen amateur riders.

Guests of Yorkshire Living, hosted at the event by publisher Jenny Thompson, included Rachel Webster and Robert Andrew Scott, of Simonstone Hall; Jane Tennant and Timothy Ashe, of Tennants Auctioneers; Caroline Baker and Corinne Cooper of NFU Mutual; Sarah and Jimmy Nightingale of Thompsons Feeds and Claire Dixon of CCG Catering. Delicious food was courtesy of The Crown at Mickleton, Barnard Castle.

The next event, on 17th, 18th and 19th September, is eagerly anticipated, and will include a CIC 1*, making it one of only two international events in the North of England. With classes from BE90 to CIC 1*, riders from grass roots to international level will be competing on a course that is being developed by one of the country's top course builders.



Heidi Woodhead with a fellow competitor



Aly Savage, Jane Newman and Sue Mayman



Ian Woodhead with his wife Heidi and DHI Dapper Chap



Helen Orton with her mum, Dorothy Metcalfe, and Sarah Day



Living Magazine sponsored jump



Jo Fletcher-Lee and Peter Hurley, front, who organised the horse trials, with Pony Club volunteers (behind), led by Liz Donoghue; Jessica Burnham, Keeva Johnson and her daughter Freya.



Dressage



Barry and Nicky Robertson



Margaret Simpson, Caroline Preston and Ian Kennerley



Jodie McGregor



Charlotte Saxby on Grianagh Qe Dempsey



Delilah De Wesselow and Lucy Baker



Three-year-old Freya Wilkinson took her horse Chanter



Competitors warming up for the dressage



Scarlett Scott on Shadow Supernova



Living Magazine sponsored jump



Jenny Thompson, Jane Tennant, Timothy Ashe and Lee Horner



Carole Nagle (right) and her daughter Jessica



Jenny and Robyn Peat



Mark and Nicola Smith



Pandora Maxton, Jodie McGregor, Heidi Stewart Sarah Nightingale and Jimmy Stewart



The cross-country event



The Prince of Wales arrives at the Great Yorkshire Show



Alex Jones filming for The One Show



A young exhibitor in the dairy cattle section

HARROGATE

Great Yorkshire Show

Sunshine, royal visitors, celebrities and the best of British farming combined to make the 157th Great Yorkshire Show a spectacular event.

As the gates closed on England's premier agricultural show, a new era began, with Show Director Charles Mills taking over the reins from Bill Cowling after a decade in the role. A total of 132,131 people came through the gates, an increase on last year's figure of 130,989.

Visitors to the show were thrilled to see HRH The Prince of Wales and HRH The Duchess of Cornwall tour the event on the opening day, while crowds packed the showground at Harrogate to see the stars of television's Blue Peter and The One Show try their hands at a host of activities around the site.

On his first day in the new role, Show Director Charles Mills said: "The Great Yorkshire Show has an amazing reputation as a superb industry showcase, as well as a fun and educational day out for all the family. Our vital role in celebrating farming excellence will continue, and the presence of our Royal patron underlines the significance of the Great Yorkshire Show to the rural community and beyond. "

Preparations are already under way for the Society's autumn event, Countryside Live, which takes place on Saturday 17 and Sunday 18 October.



The handover of the official crook of office from Bill Cowling outgoing Show Director (left) to his successor, York farmer Charles Mills.



Douglas Duffin riding Quidam BZ, winner of the Ripon Select Foods Cock o'the North show jumping championship



Sir Gary Verity with two of the original Calendar Girls, Lynda Logan and Angela Baker



The Prince of Wales and the Duchess of Cornwall greet visitors



The inaugural Shetland Pony Grand National, held in the main ring



Bill's buggy – to mark his leaving, his official buggy was "doctored"



Blue Peter presenters Barney Harwood and Radzi Chinyanganya



Anne Jones, chair of Henshaws Yorkshire Events Committee



Steve Bailey, Megan Sledge, Chris Nixon and Karen Carpenter



Mark and Anne Smith of HACS Construction and guests



Amy Sykes



Steve Lawrance, Alan Williams and Jean Williams



Susan Bartle, Bridget Wiffen, Suzy Rimmer and Susan Jackson



Henshaws Events committee - Des, Martin Gerrard, Lisa Sherratt, Drew Hackett, Anne Jones, Paul Auty and Steve Jones

HARROGATE

Henshaws Gourmet Call My Bluff

Photography: Anthony Farrimond

This year's Gourmet Call My Bluff was a resounding success for Henshaws Society for Blind People. A hundred guests from businesses across Harrogate attended and enjoyed an epicurean evening of fine wine and delicious canapés! The Society thanked Barclays for hosting the event and Reed Boardall and Strutt Parker for sponsoring the evening. Wine was provided by Ake & Humphries and canapés by Harrogate Fine Foods.
More than £3000 was raised on the evening and this will be match-funded by Barclays, bringing the total to £6000! Money raised from the event will fund the refurbishment of houses on the Henshaws college campus to be used as affordable housing for people living with sight loss and other disabilities who require support at home.



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Some of the cast and creatives from In Fog and Falling Snow


Rosy Rowley and George Costigan (on stage husband and wife)


Head of Public Programmes at the NRM, Tobias Lumb with co-director Juliet Forster


Actor Andrew Dunn, Actress Andrena Carroll and Abbigail Ollive

YORK

In Fog And Falling Snow, Press Night National Railway Museum

Photography: Dan Clarkson

Actors mingled with writers and theatregoers at the press night of In Fog and Falling Snow,York Theatre Royal's latest co-production with Pilot Theatre and National Railway Museum, telling the untold story of George Hudson, known as York's railway king.

The NRM partnered with Pilot Theatre and York Theatre Royal to produce the play, a project that followed up on the success of York Mystery Plays 2012 and Blood and Chocolate, productions that also involved up to 200 cast members from the local community.

Pilot Theatre's Associate Director, Katie Posner, co-directed In Fog and Falling Snow with Damien Cruden, Artistic Director of York Theatre Royal, and Juliet Forster, Associate Director of York Theatre Royal. It was written by Mike Kenny and Bridget Foreman and looked at the importance of the railways to York and its citizens over the last 200 years.


The communications teams from NRM and York Theatre Royal


Actress Olivia Ledden, co-writer Mike Kenny, and actress Charlotte Wood


Actor Rory Mulvihill, Co-writer Bridget Foreman & actor Ian Giles


Actor George Costigan with his agent Belinda Wright from Caroline Dawson Associates


George Costigan with co-star Ian Giles and the National Railway Museum's Tobias Lumb


Actress Barbara Marten with co-writer Mike Kenny and co-director Katie Posner


BBC Radio York's Adam Tomlinson and his wife Helen Tomlinson


Hayley Del Harrison and Sam Claypole


BBC Radio York's Neil Foster and The Rusty Peg's Catherine Foster


Abbigail Ollive and Chloe Hampson Ward

WEDDINGS



Hannah Park, from Crayke, North Yorkshire, and John Walker, from Manchester, who were married at St Cuthbert's Church, Crayke, with a reception at The Durham Ox, Crayke

Photographer: Paula Beaumont paulabeaumontphotography.co.uk



Hayley Owen and Connor Holroyd, from Harrogate, who were married at Cedar Court Hotel, Harrogate

Photographer: Paula Beaumont paulabeaumontphotography.co.uk



Sally Goodrick, from Cawood, and Stephen Wikeley, from Oswaldkirk, were married in All Saints Church, Cawood, and held their reception at The Pavilion Hotel in Fulford, York.

Photographer: Mike Cowling Photography mikecowlingphotography.co.uk

If you would like your image considered for publication in Yorkshire Living, please send your image with full names, venue and photographer to jenny.thompson@yorkshire-living.co.uk



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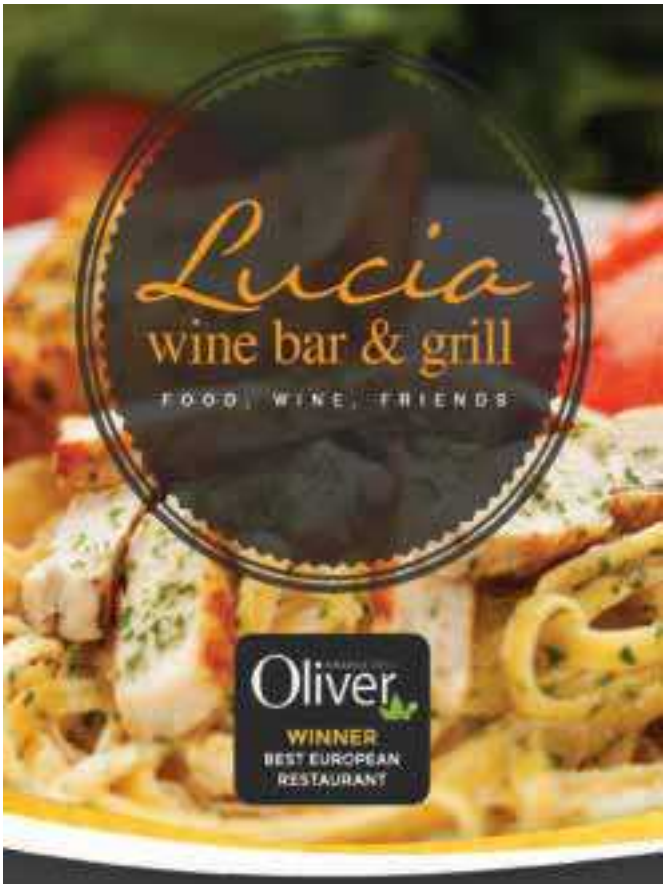
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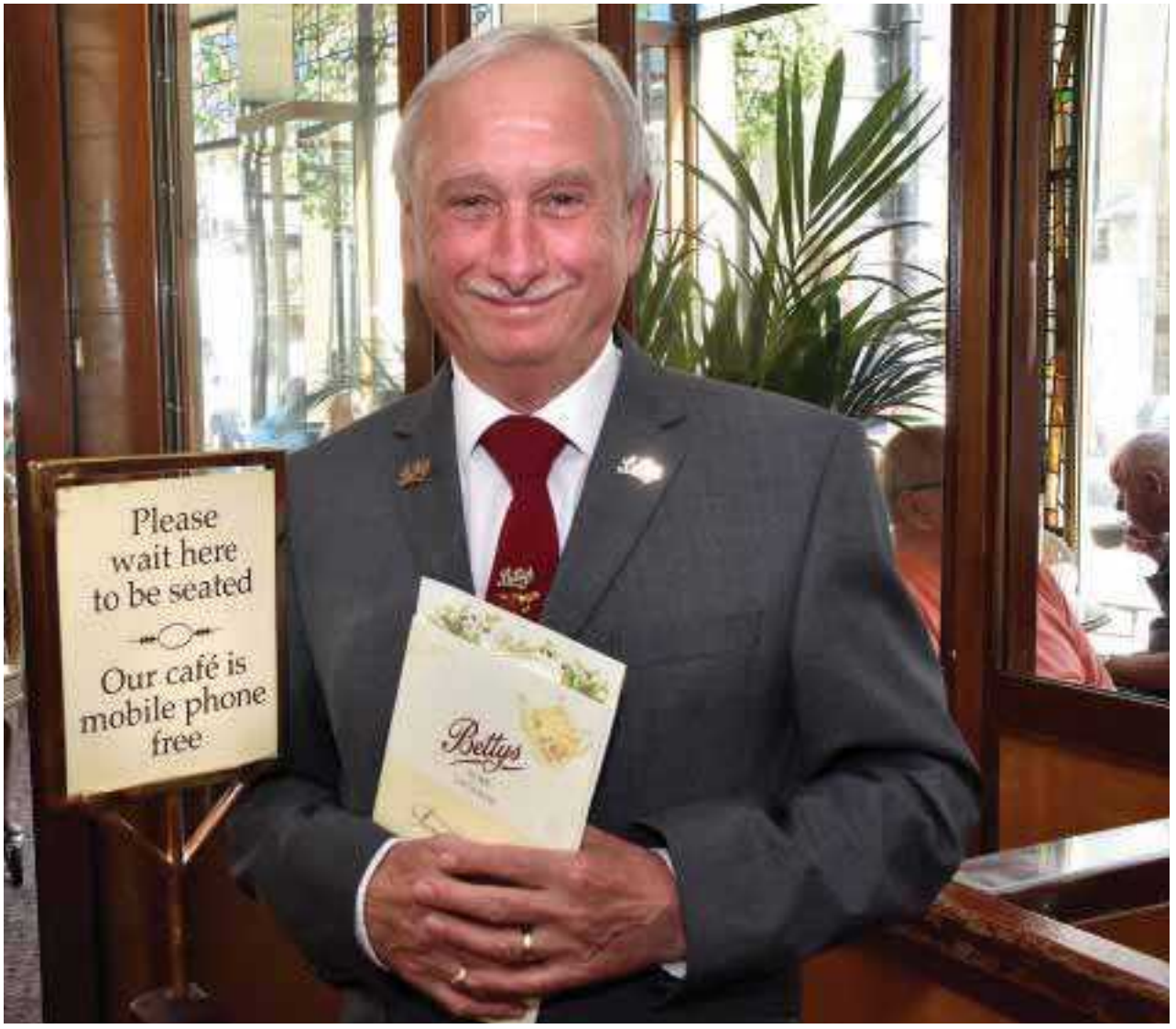
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The 'Face of Bettys' retires after 43 years

As the face of Bettys tearooms in York, Alan Stockdale's job was to "meet and greet" visitors. Now the former maitre d' is putting away the menus for the last time as he retires from his position at the celebrated café on St Helen's Square, having dealt with close to eight million diners in a 43-year career.

Alan, 68, joined the company in 1972 as a chef, moving to front of house a decade later. He said: "All the time I have been here, it's been like an ever-changing family – not just with the people who work here, but the people who visit as well."

Over the four decades, Alan has served some famous faces, including the late Richard Attenborough and Hollywood actor Russell Crowe. He was once interviewed by Rory Bremner for a TV series. But the memory of one early-morning guest remains the most colourful. "It was about 7am and I was cleaning the tea pots on display," he begins. "It was warm, so we had the door open, and a peacock from Museum Gardens wandered in. I had to corner it and pick it up, put it under my arm and throw it out."

Alan recalls working in Bettys kitchens during the power strikes of the 1970s. "There would be no air conditioning, and we had to cook on gas stoves and by candlelight. It was a challenge."

Alan, who lives in York, met his wife Wendy when she worked as a waitress in Bettys. They have one daughter, Sarah. As a young chef he worked split shifts and, as a keen archaeologist, volunteered on digs at the Minster and Coppergate when off duty.

Alan has witnessed many changes to Bettys over the years. When he started, it used to have a bar on the ground floor and a self-service restaurant upstairs in the Belmont Room.

Another big difference was parking. "I used to park on Bootham and after 5pm could park right outside Bettys," he said.

Changed days indeed.



The going is good

Maxine Gordon discovers a North Yorkshire pub with a racing pedigree

The Alice Hawthorn is used to winning ways.

The country pub in the picture-perfect village of Nun Monkton is named after the mare that won more than 50 races in five seasons including two at the Doncaster Derby.

Now there is another thoroughbred making a name for himself at the historic pub that has nestled by the village green for more than 220 years.

Mike Taylor is the chef manager who earned his stripes under Devon's TV chef John Burton-Race and more recently with Frances Atkins at Michelin-starred The Yorke Arms at Pateley Bridge.

"I worked for John Burton-Race for ten years and worked for him when he got the Michelin star," says Mike.

Working alongside him at the newly refurbished Alice Hawthorn is head chef Matt Deeley - also lately of the Yorke Arms and the Blind Swine, York. Mike says he isn't chasing Michelin stars, just quality cooking, using seasonal, local produce, in comfortably stylish surroundings.

Nun Monkton is a village that looks as if time has stood still. There is a large maypole on the green and Highland cattle roam freely along the one road in and out of the village.

"It is a secret location," says Mike, only half joking. "No-one knows we are here - people find us through word of mouth."

Mike lives in the village and his six-year-old son, Lewis, attends the local school. Pupils come over regularly to tend the garden allotment, which stocks the kitchen with salad leaves, carrots, potatoes and the like.

Beef is from Pool Bridge Farm just down the road, pork from nearby Ainsty farmhouse and the bar stocks ales from the village brewery Yorkshire Heart. Local cheeses include Harrogate Blue and Ribblesdale goats cheese, Swaledale Blue and Wensleydale.

There are a variety of menus across the day, serving sandwich and bar meals through to a la carte as well as a Sunday lunch deal offering three courses for £20.95.

The interior is spacious, split into different sized rooms including a cosy bar area. There is a beer garden outside with barbecue pit, perfect for al fresco dining.

The pub has also published a booklet detailing the history of the village and The Alice Hawthorn as well as three walks around the historic area.

With the likes of slow roast belly pork with duck-fat roast potatoes and dark chocolate brownie, mini fondant, pistachio and vanilla ice cream on the menu, a leisurely, post-meal walk might be just the job.







The Alice Hawthorn, The Green, Nun Monkton, YO26 8EW. Telephone 01423 330303
W: thealicehawthornatnunmonkton.com

The Alice Hawthorn's summer garden tart

Mike says: "If you are lucky enough to grow your own vegetables you will realise how different in taste and look they really are. I have put together a simple recipe that can be enjoyed by all."

Ingredients (serves 4)

For the pastry:
250g plain flour
Pinch of sea salt
125g cold butter
1 egg
1tbsp cold water

For the filling:
4 eggs
250ml double cream
150g Harrogate Blue cheese
Pinch of sea salt and black pepper
8 spring onions (diced)
1tbsp chopped parsley
1tbsp chopped chives

For the sauce:
1 sweetcorn cob
2 shallots
200ml milk

For the garnish:
8 new potatoes
Garden peas
Garden mange tout
Garden bok choi
Sweet pea flowers

Method:

Pastry: Sieve the flour, add salt and diced cold butter and rub together to form a breadcrumb texture.
Add 1 beaten egg and the water, gently press together to form your pastry. Wrap the pastry dough in cling film and store in the refrigerator for 30 minutes.

Filling: Warm the cream and whisk in the Harrogate blue cheese. Whisk the eggs together and finely slice the spring onion tops (keep the bulbs to one side), chives and parsley and add to the cheese mixture.
Slice the spring onion bulbs in half and sear in a hot pan with light oil and a little butter until they are a beautiful caramelised golden brown.
Slice kernels of sweetcorn and shallots and cook on a medium heat, adding the milk, cook until the sweetcorn is tender. Add the butter and blend until smooth, season with salt.
Line 4 individual tart cases with pastry, bake blind for approximately 20 minutes at 150C, pour in the egg and cheese mixture.
Place 2 slices of spring onion on top and bake for approximately 20 minutes at 160C.

Presentation: Blanch peas in boiling water for two minutes, cook and slice new potatoes.
Pour the sauce on the plate, arrange potatoes, peas and flowers and place the tart on top.
Enjoy!



FOOD
by Elly McCausland

Summer berry cheesecake

One of my favourite summer rituals is to head out to a Pick Your Own farm and return laden with punnets of jewel-like berries. While you can't beat a freshly picked strawberry, I have a special fondness for the robust sourness of redcurrants and blackcurrants. Their sharp tang is the perfect match for a light summer cheesecake, beautifully balancing the vanilla-scented sweetness of soft ricotta cheese and a crunchy biscuit base. This is very simple to make – you can make it entirely in the food processor – but looks stunning draped in the dark currant compote. A real celebration of summer berries.



Ingredients (serves 8)

12 digestive biscuits
50g butter, melted
500g ricotta cheese
200g half-fat crème fraiche
3 large eggs
150g caster sugar
1 tbsp honey
Zest of 1 lemon
2 tsp vanilla extract
100g blackcurrants
180g redcurrants
2 tbsp caster sugar
Sprigs of mint, to decorate

Method

Pre-heat the oven to 180C. Blitz the biscuits to fine crumbs in a food processor, then stir into the melted butter. Grease a 20cm springform cake tin and line the bottom with greaseproof paper, then tip the biscuits into the bottom. Press down with a spoon to form an even layer. Bake for 10 minutes.
Meanwhile, combine the ricotta, crème fraiche, eggs, caster sugar, honey, lemon zest and vanilla extract in the food processor or by whisking together in a bowl. When the base has baked, pour the mixture evenly into the cake tin. Return to the oven and bake for 40-45 minutes until the cheesecake is slightly golden with only a slight wobble in the centre. Cover with foil and leave in a warm place to cool completely (this stops it from cracking), then chill in the fridge for at least 4 hours.
Meanwhile, make the berry compote. Put the berries in a saucepan with a splash of water and the sugar. Simmer until the berries are juicy but not completely collapsed. Chill until ready to serve the cheesecake. Remove the cheesecake from the tin and place on a plate, then spoon the compote on top. Decorate with sprigs of mint.

Elly McCausland is a York-based food blogger; for more recipes visit nutmegsseven.co.uk You can follow her on twitter: @nutmegs_seven

Living Table 4

Middletons



New head chef Andrew Hill has brought an explosion of creativity in Middletons kitchen, sourcing local organic food, our diners can enjoy food heaven with our new six course taster menu.

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Living Table 4

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Setting course for the Windwards

WHY PUT UP WITH ENGLISH WEATHER WHEN HEAVEN ON EARTH IS JUST EIGHT AND A HALF HOURS AWAY? WORDS AND PICTURES BY MATT CLARK.

Paradise may be a well-worn word but sometimes it's the only one that will do. After all, how else would you sum up St Lucia? Mile after unspoilt, mile of palm-fringed golden sand, turquoise seas, secluded inlets and sunsets that cocktails were invented to accompany.

The island is verdant too, especially in the south with its dramatic and lush, tropical rain forests. Further on you will find St Lucia's most famous landmarks, volcanic spires called the Pitons. Heck, there's even a drive-in volcano. St Lucia has everything, no wonder it regularly tops the polls as the most idyllic Caribbean destination.

These days English tourists come to escape the cold winter weather, but the first Brits were rather less enamoured. In 1605 the ship Olive Branch was blown off-course on its way to Guyana, so the 67 colonists on board decided to start a settlement. But after five weeks only 19 of them were left alive, so they fled.

Thirty years later the French moved in, naming the place after Saint Lucy of Syracuse. England again took control from 1663 to 1667 and was almost constantly at war with France, which meant rule changed frequently. Because of this, St Lucia was dubbed the Helen of the West Indies.

There are some really interesting relics from the island's history. Part of Vieux Fort is called Black Bay, after the infamous pirate Blackbeard, who used this part of the country to stash his booty, and the old town is full of historic colonial houses.

Castries is a regular cruise ship stop, but to be honest I wouldn't bother. Think Havana without the 1950s cars, salsa and rumba groups. Tour guides wax lyrical about the capital 'city's' market. We didn't.

One thing you must do, though, is hire a boatman to take you to Pigeon Island. The two little beaches are gorgeous and the views from the fort spectacular. On a clear day you can see Martinique.

Like most islands whose main livelihood comes from tourism, St Lucia is a place of two halves. Party animals head for Rodney Bay, while peace seekers hole up in the impossibly romantic Marigot Bay. This was one of the main locations for the classic movie Dr Doolittle and can only be accessed by boat. Nestled in a lush tropical rainforest, this has to be one of the most beautiful and exotic bays on earth.

Rodney Bay, on the other hand, is a purpose-built resort and everyone can get there. That said, it's also home to Reduit Beach, which is far and away the island's best beach, with a mile of fine sand and splendid views across the bay to Pigeon Island.

Anse Chastanet's short stretch of dark sand gives Reduit a run for its money, though, and offers the best snorkelling on St Lucia, with a coral reef teeming with parrot fish.







For a different day out, head for the Botanical Gardens, near Soufriere, which are a delight. Hummingbirds dart among the flowers in this six-acre natural wonder and hot mineral springs heat age-old baths. The plants even have names as exotic as their leaves, from scorpion orchids and red hot cat's tail to ostrich plume ginger and powder-puff tree.

There's even a species called wild banana, that has nothing to do with the fruit, but has paddle shaped leaves that look a bit like bananas.

The gardens are also home to the Diamond Waterfall, perhaps the most colourful in the Caribbean, with water laced by sulphur, copper sulphate, magnesium, iron, manganese and calcium.

Up the road is another waterfall where you can cool off, while at the sulphur springs outside Soufriere, lava from almost two miles underground produces steam and heats the spring water to over 150 degrees Celsius.

Being one of the Windward Islands, St Lucia is not quite as hot as others in the Caribbean, due to the moderating trade winds and that makes it the perfect climate all year round.

Best of all, this slice of heaven on earth is just eight and a half hours away. What was that about paradise being a well-worn word?





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NOBLE AMBITION

Victoria Prest tries her hand at the sport of kings

Think about a polo match and think summer afternoons in immaculate parks, champagne picnics under bright blue skies; it seemed fitting that my taster session of the "Sport of Kings" fell on the hottest day of the year so far.

Toulston Polo Club, just west of Tadcaster, has been hosting chukkas for more than 100 years, and is one of the oldest polo clubs in the country.

Its pitches were created by polo-loving Captain W. Riley-Smith, then owner of Toulston Manor. That house is now part of Tadcaster Grammar School, but the polo grounds remain under the stewardship of the club. It's a secluded spot, almost completely hidden from passing motorists by woods and parkland trees.

For a beginner session with coach Matias Joly, I was to ride Alive and Kicking – a 15HH former thoroughbred, only a year ago a trainee racehorse in Ryedale, but now a highly trained, well-mannered polo pony.

Polo has a reputation as a pastime for the very well-heeled. For a serious player the cost of keeping ponies, kit and transport is hefty, but there are ways to try the sport out with taster sessions like mine, and ponies are available to rent for learners brave enough to try a competition. Even stag and hen parties have joined the taster sessions at Toulston.

Matias said controlling a polo pony with reins in one had was like using a joystick. Moving my hand forward pushed Alive and Kicking into a walk, to the left turned him left, and just the slightest pull back stopped him in his tracks. I was sceptical – the idea of controlling any horse, let alone an ex-racehorse, with just one hand on the reins seemed ridiculous - but I was soon proved wrong.

If controlling the horse was easy, adding a ball and a mallet to the situation was another matter. Polo ponies might be well trained, but that doesn't make balancing or controlling the ball with the rather unwieldy polo mallet any easier.

After just 30 minutes in the saddle, I was convinced by the merits of polo ponies, but full of admiration for the players who call pull off their high-speed competitive matches and make it look easy. Nursing a sore arm, I watched a group of young riders at the club's regular mid-week practice. While I had been proud of a few good shots at walking pace, they soon showed me just how it was done at a much higher speed.

Polo lessons at Toulston Polo Club start from £45 per hour for group sessions to £70 per hour for private tuition. More information at www.toulstonpoloclub.com

Dining in Style





The Dean Court Hotel has, without doubt, the finest location of any hotel in the city, standing as it does, in the very shadow of York Minster... It is an AA 4 star 37-roomed contemporary boutique-style hotel. It also boasts a choice of two fantastic eateries.



The Restaurant

Local and seasonal produce dominates the menus. Few settings can rival D.C.H, the elegant restaurant, with Minster views from several tables. It is renowned throughout Yorkshire for its superb local food, accompanied by the finest, personally selected wines, with 2AA Rosettes obtained in 2014.

Opening Times:
Lunch 11.00am –6.00pm
Dinner 6.00pm - 9.30pm

The Court-Cafe Bar

A café-style menu including hot dishes, light snacks, soup, sandwiches and even traditional cream and champagne teas, in modern relaxed and stylish surroundings, informal dining... in style!

Opening Times
Monday – Sunday 10am –10pm
(last food orders at 9pm).

The Dean Court Hotel | Duncombe Place | York
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www.deancourt-york.co.uk

Sample Menu

Starters

Duck Liver & Pistachio Parfait
confit radish, bloodorange, spring onion dressing

Pan Seared Queen Scallops
caramelised cauliflower, Alsace bacon, radish

Salad of Smoked Wood Pigeon
cep purée, apple,blackened shallots

Main Courses

Roasted Breast of corn-fed Chicken
thigh croquette, purplesprouting broccoli,home-made ricotta, Madeira jus gras

East Coast Wild Sea Trout and Isle of Mull hand dived Scallop
foraged sea vegetables, crisp coconut, gnocchi, coconut & lemongrass sauce

Desserts

Forced Yorkshire Rhubarb "Sundae"
crispy custard, toasted muesli and salted caramel ice cream

Steamed Ginger Pudding
crème anglaise, white chocolate and lime ice cream

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Itinerary...

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Sunday:	Makarska to Mljet Island National Park
Monday:	Mljet to Dubrovnik
Tuesday:	Dubrovnik to Pelješac Peninsula
Wednesday:	Pelješac to Korčula Island
Thursday:	Korčula to Hvar Island
Friday:	Hvar to Split
Saturday:	Disembark for flight home

The advertised price is correct as of 24 July 2015 and is based upon departure from Leeds Bradford airport on 7 May 2016.



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WINWINWINWINWINWINWINWINWINWINWINWINWINWIN



Feeling hungry?

A gastronomic institution is back on York's streets this September.

The York and Food Festival returns to Parliament Street from September 18-27, bringing with it a host of Yorkshire producers, street food vendors and bars.

In a special one-weekend-only event, The Chocolate City Chocolate Fair will take place in the Guildhall as part of the festival. Celebrating York's chocolate heritage, local chocolatiers, fudge and cake makers will be on show on September 26 and 27. There will also be a number of activities, tastings and workshops throughout the weekend.

The festival Ale Trail and Taste Trails return, giving visitors the chance to explore York's rich food and drink offerings.

Highlights of a full events programme include a one-off Bishy Road Festival Street Party, wine dinners, a roaming supper and the famous Field & Fawcett Wine Fair, featuring a 'trade style' New World themed wine tasting. Brought back by popular demand, this event allows visitors the opportunity to pick a glass up by the door and then try up to 100 different New World wines while chatting with knowledgeable suppliers of Field and Fawcett wines.

New for the 2015 Festival is the Festival Cookery School, which plays host to establishments including York Cookery School and Bettys, who will provide free cookery classes to festival-goers.

To celebrate this year's theme, Food in Words and Pictures, the Festival is hosting several book signings and demonstrations including a bakery demo from Bake Off winner Frances Quinn (Wednesday September 23 at 5pm).

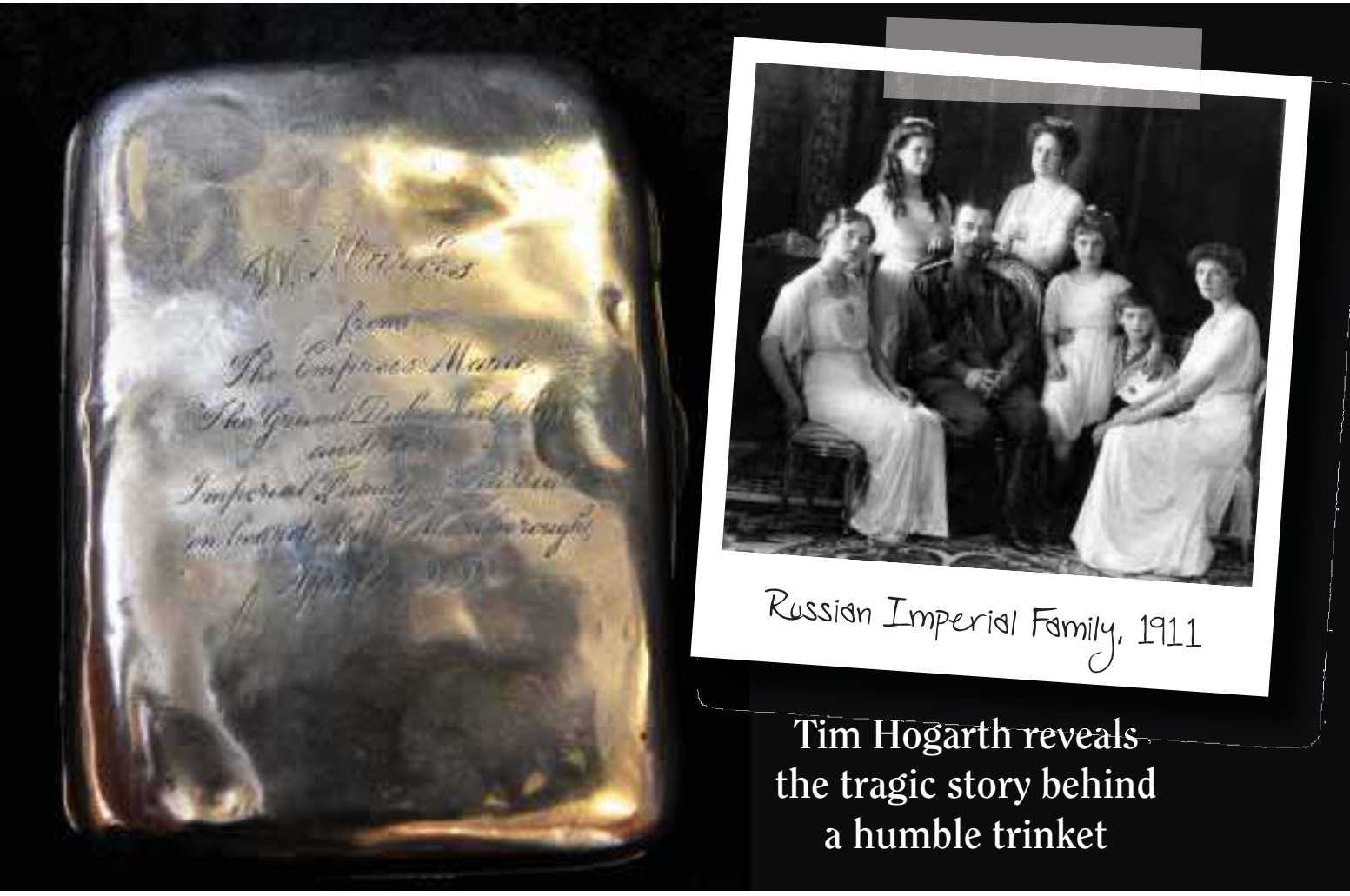
The Festival demonstration tent returns as local chefs demonstrate recipes from their restaurants as listed in the brand-new York Food Festival online cookery book. Chefs demonstrating over the festival period include Joel Arnold, the Demo Chef Phil Leverington and Josh Overington from Le Cochon Aveugle.

Yorkshire Living has teamed up with The York Food & Drink Festival to offer readers the chance to win one of two pairs of tickets to the Field & Fawcett wine tasting. Just tell us the theme of the wine tasting. Answers, with full contact details, to Wine Tasting competition, Paula Homer, Yorkshire Living magazine, 84-86 Walmgate, York YO1 9YN. The closing date is September 11 and usual Newsquest competition rules apply.



To find out more and to purchase tickets for events and Taste Trail brochures, visit www.yorkfoodfestival.com.

INVESTING in antiques



Tim Hogarth reveals the tragic story behind a humble trinket

MUCH MORE THAN A CIGARETTE CASE

Have you ever wondered about the history of an antique? How many times have we heard the words: "If only it could talk?"

Some antiques offer us a glimpse into their stories with inscriptions and dedications, often on silver, and of course a hallmark can give us the date an item was made.

We often hear of people finding long-lost treasures worth millions. Recently a dealer in the American Midwest bought a golden egg for its bullion value of around £12,000, only to find out that it was a lost Fabergé Imperial egg made for Empress Marie of Russia and worth a staggering £20 million pounds!

I made my own little find: not worth millions, but the story it tells is priceless. It all started with a mixed lot of silver in a auction in the south of England; nothing exciting, just odd silver spoons, napkin rings and such like... and a very battered silver cigarette case, the type of which thousands were made, with a value of about £20.

On closer inspection the case revealed an inscription which read: "W. Marks, from the Empress Marie, the Grand Duke Nicholas and the Imperial family on board HMS Marlborough, April 1919." I was hooked. The Imperial family of the inscription were the doomed Romanovs, and Empress Marie was the Tsar's mother.

When revolution broke out in Russia in 1917, Lenin's Bolsheviks wanted to dismantle and stamp out the Tsarist autocracy. The Imperial family was placed under house arrest. The Tsar and Tsarina knew they had to leave Russia, and that their English cousin, King George V, would be their salvation.

The King of England had a Royal Navy ship ready to rescue his cousins; then, at the last minute, he decided against their rescue, fearing revolution in England. The Imperial family's fate was sealed.

On July 17, 1918, the Tsar and Tsarina and their five children were brutally murdered in a basement. Their anguish was prolonged by the priceless jewels sewn into the linings of their clothes; the bullets kept bouncing off them. Eventually, the Bolshevik soldiers used bayonets to kill the family.

News of the killing spread fast. Many other Romanovs and members of the aristocracy attempted to flee, trying all means possible to escape their beloved Russia, now torn apart by revolution.

Many senior members of the Imperial family fled to the Crimea in the hope that the White Russian troops would overthrow the Bolsheviks. But Lenin wanted the Imperial family stamped out, and Empress Marie was top of the list. As Tsarina, she had been adored by the Russian people and she was still widely respected as the mother of the slain Tsar.

Our story now goes back to London, and King George V. This time, perhaps feeling guilt-stricken, he did send the ships H.M.S Marlborough and H.M.S Nelson to save his aunt Marie and his remaining cousins. This simple silver case tells this epic story.

Obviously, not many items have a background story like this, but I enjoyed being a detective and uncovering the survival of some of the Romanovs and their grateful gift to a sailor who looked after them in their flight to safety.

Tim Hogarth, of ITV1's Dickinson's Real Deal and Secret Dealers, is the owner of The Red House Antiques Centre, York, 01904 637000, timhogarth@me.com. Tim is always interested in buying quality antiques.

FORTHCOMING AUCTIONS AND FAIRS

TENNANTS OF LEYBURN

August 21: Antiques and interiors

September 3: Jewellery valuation day at the Harrogate Office

September 4: Scientific instruments, cameras, tools and natural history

September 10: Valuation Event at The Talbot Hotel, Malton

September 12: Antiques and interiors

September 14: Clocks, watches and barometers valuation day at the Harrogate Office

September 15: Valuation event at The Devonshire Arms, Bolton Abbey

September 16: Books, maps, postcards and ephemera

September 25: One-owner silver sale

September 26: Country house sale, 9.30am; fine wine and whisky, 10.30am

RYEDALE AUCTIONEERS

August 22 and September 5: Home interiors and collectables

September 12: Outdoor garden and tool sale

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Steve Nelson falls for an Italian job

Looking like a sharp-suited Italian, the Alfa Romeo Giulietta struts it stuff with an easily recognisable face.

Strong reds and blue colourings suit the passionately penned lines to a tee. This is a car that feels a little bit younger and more interesting than its contemporaries.

Everything from the offset front number plate to the stunning two-colour contrast stitching on the optional leather seats is as far removed from its sober competition as a Savile Row outfit from a Primark bargain-rail purchase.

It's easy to be seduced by the exterior look, but Alfa is keen to ensure that when you open the doors you will not be disappointed by a lack of techno pleasures.

Key among the new systems is the 6.5-inch Uconnect infotainment interface, developed with Harman, which combines a fresh set of graphics and the latest connectivity options to create a stylish and functional centrepiece for the console.

The familiar 'DNA' drive mode selector is still present and makes a vast difference to the way the car drives between modes. Arguably, Dynamic is the one to select most of the time, but Natural and All-Weather have their places where fuel efficiency and grip are most important.

The Giulietta engine range has now been revised to offer improved economy and emissions. The 1.6 JTDM-2 turbo diesel engine not only benefits from a reduction in emissions from 104g/km to 99g/km, it also brings an increase in power from 105hp to 120hp.

The uprated engine boosts top speed by 6mph to 121mph, and improves the 0 to 62mph sprint by 1.3 seconds to 10.0 seconds. At the same time, the new Giulietta 1.6 JTDM-2 can now return 74.3mpg on the official combined fuel economy cycle, a significant improvement over the impressive 70.6 recorded by the current 1.6 JTDM2 105hp engine.

Emissions and economy figures have also improved on the entry-level 1.4 Turbo Petrol 120hp to the 1750TBi 240hp TCT unit that powers the high-performance Quadrifoglio Verde version, while the 1.4 MultiAir Turbo Petrol 150hp and 170hp engines slip into a lower emissions band.

Pricing for the Alfa Romeo Giulietta range remains unchanged despite the engine upgrades, with the 1.4 TB 120hp Progression starting at £18,450 and the 1.6 JTDM-2 120hp Progression priced from £19,500. Pricing for the Business Edition range, which features a 6.5-inch touchscreen Uconnect infotainment system with voice-activated satellite navigation, 3D mapping and DAB digital radio, front and rear parking sensors, automatic lights and wipers, alloy wheels and metallic, starts from £19,080 for the 1.6 JTDM-2 120hp turbo diesel.

The thing about the Giulietta is that it's a much more interesting car than its more straitlaced competition, and buying it will ultimately be a decision made by the heart.

AT A GLANCE

Model: Alfa Romeo Giulietta 1.4 TB ProgressionPrice: £18,450
Engine: 1.4-litre turbocharged four-cylinder petrol producing 120bhp
Transmission: 6-speed manual gearbox driving the front wheels.
Performance: Top speed 121mph, 0-62mph in 9.4 seconds.
Fuel economy: 45.6mpg combined
CO2 rating: 144g/km

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DIARY
September

THE PROMS SPECTACULAR

Castle Howard, August 22

Enjoy a summer's evening of classical favourites and fireworks when The Proms Spectacular returns for the 25th year. An unforgettable night, sit back and enjoy this fantastic concert on the north lawn with stunning views over the Great Lake and the house rising up behind you. Classical favourites will rouse the crowd and have you up and dancing before an impressive firework display draws the evening to a spectacular close.



YORKSHIRE MEDIEVAL FESTIVAL

York, August 19-31

The Yorkshire Medieval Festival takes God's own County back to the Middle Ages each summer. Organised by The JORVIK Group, creators of the famous JORVIK Viking Festival, The Yorkshire Medieval Festival brings with it a wide range of events and activities for all the family to enjoy. Visitors can try their hand at archery, discover mighty birds of prey with falconry demonstrations, see brave knights battle in thrilling re-enactments and spend the day in some of Yorkshire's most idyllic settings..

LITTLEFEST

Helmsley, September 25-27

Helmsley plays host to the innovative arts festival LittleFest for the second time this September. This year will see the festival span three days, from a ticketed launch event on September 25 and a full day of free arts across the town next day, through to a performance and a debate about the arts on Sunday 27. LittleFest includes visual arts, storytelling, music, theatre, poetry and dance in often unexpected spaces - from shops and cafes to street corners, gardens and car parks. LittleFest is created in conjunction with York Theatre Royal and the Helmsley Arts Centre. Confirmed performers include the multi-award-winning Joe Bone and Ed Eales-White, the ClapTrap theatre company,and Hunting Bears, an orchestral folk sextet.

YORK FOOD & DRINK FESTIVAL

York, September 18-27.

Highlights of this year's September festival in York city centre and at other venues will include cookery classes by York Cookery School and Malton Cookery School, demonstrations from the likes of Sarah Danesin Medio of Masterchef fame, and a York Beer and Cider Festival at Knavesmire. For full details see the festival website, yorkfoodfestival.com.

FASHION CITY YORK POP UP FASHION BAR

York, September 18, 7pm-11pm

Held in conjunction with York Food & Drink Festival, a fusion of food and fashion, with great music and cocktails! For a £4 early bird ticket book online at fashioncityyork.co.uk or pay £5 on the door. You could also win the use of a Mini Cooper courtesy of Cooper Mini York.

WI CENTENNIAL FAIR

Harrogate International Centre, September 3-6

The Women's Institute is celebrating one hundred years of achievements with a fun-filled four-day event at the Harrogate International Centre this September. The WI Centennial Fair, from September 3-6 2015, is one of the top events taking place during a year of WI centenary celebrations. More than 200 carefully selected exhibitors will be sharing the best of hand-crafted goods and jewellery, ethical homeware and textiles, artisan food and drink, cookery and gardening equipment and travel lifestyle experiences. There will be more than 150 workshops, seminars and demonstrations from names such as Carol Smillie, Dr Hilary Jones, Bill Oddie and Louisa Fletcher.

THE PRESS FAMILY RACEDAY

Knavesmire, September 6

The whole family can head to Knavesmire for the Family Raceday, which is now in its 16th year. The dress code in county stand is relaxed to "smart casual" to welcome families, and entry to grandstand and course enclosures combined in one ticket. The action starts at 1.05pm with the first of two pony races. Top-quality racing will follow with seven races, including the listed BetFred Garrowby Stakes.



My Yorkshire

Sir Gary Verity, Chief Executive, Welcome To Yorkshire

Sir Gary, 51, was knighted in June after a tumultuous ten months that saw him bring the Tour de France to Yorkshire, oversee the inaugural Tour de Yorkshire and marry Anne, a primary school teacher. His first wife, Helen, died in 2009 after sadly losing her battle with cancer. Gary has a daughter, Lily. He farms sheep and lives in Coverdale.

WHICH ARE YOUR CHOSEN 'LOCAL' PUBS OR RESTAURANTS?

Gosh, it would be difficult to single out just one, not to mention unfair of me! There are so many fantastic pubs and restaurants across Yorkshire. We have Michelin stars, international reputation, incredible beer and fantastic fish and chips. What more does anyone want?

HOW WOULD YOU MOST LIKE TO SPEND A DAY IN YORKSHIRE?

Spending time at home with my wife and my daughter is high on the list, and perhaps tending to the sheep on the farm. I'm a bit of a workaholic, so some wind-down time is important. A bike ride, too, would be a fixture of any ideal day, as would some fish and chips. You really can't go wrong.

IF YOU HAD TO RECOMMEND AN IDEAL TRIP TO HELP A FOREIGNER DISCOVER THE COUNTY, WHERE WOULD YOU SUGGEST THAT THEY GO?

I'm asked that a lot, and I always say one place. Sutton Bank is, according to James Herriot, "England's finest viewpoint" and I'm inclined to agree. It's certainly one of the best in Yorkshire.

WHO IS YOUR YORKSHIRE HERO?

I've been a fan of Yorkshire County Cricket Club for as long as I can remember, and there are a lot of names and faces who stand out from the decades I've been a supporter. I'm a big Leeds United supporter, too, and as a Leeds fan, Tony Yeboah's goal against Liverpool back in 1995 was certainly heroic!

WHAT'S YOUR GREATEST ACHIEVEMENT?

My greatest achievement? Obviously, the knighthood is high on the list, but the thing I'm most proud of is seeing Yorkshire come together as it did for the arrival of the Tour de France last year. What we achieved in that weekend, and the memories that came with it, will stay with me forever.

> "I'VE LIVED MOST OF MY LIFE IN YORKSHIRE, AND I WOULD DEFINITELY SAY IT IS THE PEOPLE WHO MAKE THE COUNTY AS SPECIAL AS IT IS.

WHAT'S YOUR PERFECT WEEKEND?

It would definitely start with a ride on the bike, early in the morning, before anyone else is out. It means I get the Dales all to myself, which is absolutely perfect. Besides that, a quiet one would be welcome! Down time is good for me, although there is always work to be done when you live on a farm.

HOW DOES IT FEEL TO BE KNIGHTED?

I feel very proud, certainly, but it really does belong to the people of Yorkshire. Such honours are reserved for people who climb Everest, win Olympic gold medals or the Tour de France, not for ordinary people me.

WHAT'S THE BEST THING ABOUT LIVING IN YORKSHIRE?

I've lived most of my life in Yorkshire, and I would definitely say it is the people who make the county as special as it is. Other places in the world might have incredible landscapes and amazing cities, but none have people like those here in Yorkshire.



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